



JERK CHICKEN & VEGGIE TRAYBAKE

with Charred Corn Salsa



Make a hands-off traybake



Chicken Thigh



Mild Caribbean Jerk Seasoning



Sweet Potato



Red Capsicum



Red Onion



Sweetcorn



Tomato



Coriander



Long Red Chilli (Optional)



Lime



Greek Yoghurt

Pantry Staples: Olive Oil

Hands-on: 30 mins
Ready in: 50 mins

Spicy (optional long red chilli)

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

We're taking a leaf out of the Jamaicans' book with this easy-going chicken traybake, flavoured with our signature jerk seasoning. Pop it in the oven, then take your time making a corn salsa and punchy yoghurt for a fuss-free, family-friendly meal with plenty of mojo.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 FLAVOUR THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. In a medium bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning**, a **pinch of salt** and a **drizzle of olive oil**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **red capsicum** into thin strips. Cut the **red onion** into 3cm wedges.



2 BAKE THE CHICKEN & VEGGIES

Spread the **sweet potato**, **capsicum** and **onion** over two oven trays lined with baking paper. Season with the **salt**, **drizzle with olive oil** and toss to coat. Spread out in an even layer. Nestle the **chicken** among the veggies. Bake until golden and the chicken is cooked through, **30-35 minutes**. **TIP:** *Chicken is cooked through when it's no longer pink inside.*



3 GET PREPPED

While the tray bake is cooking, drain the **sweetcorn**. Roughly chop the **tomato**. Roughly chop the **coriander**. Finely chop the **long red chilli** (if using). Zest the **lime** to get a **generous pinch**, then slice into wedges.



4 MAKE THE SALSA

Heat a medium frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing, until golden and lightly charred, **5 minutes**. **TIP:** *Cover the pan with a lid if the corn kernels are "popping" out.* Transfer to a medium bowl. Add the **tomato**, **coriander**, a **drizzle of olive oil**, a **squeeze of lime juice** and a **pinch of salt** and **pepper** and stir to combine.



5 FLAVOUR THE YOGHURT

In a small bowl, combine the **Greek yoghurt**, **chilli** (if using), **lime zest**, a **pinch of salt** and **pepper** and a **generous squeeze of lime juice**. **TIP:** *Leave some yoghurt plain for the kids if you like!*



6 SERVE UP

Thickly slice the chicken. Divide the jerk chicken and veggie traybake between plates. Top with the charred corn salsa and lime & chilli yoghurt. Squeeze over the lime wedges to serve.

TIP: *For kids, see our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
chicken thigh	1 packet
mild Caribbean jerk seasoning	2 sachets
sweet potato	4
red capsicum	1
red onion	2
salt*	½ tsp
sweetcorn	1 tin (300 g)
tomato	2
coriander	1 bag
long red chilli (optional)	1
lime	1
Greek yoghurt	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	317kJ (76Cal)
Protein (g)	44.1g	6.1g
Fat, total (g)	16.9g	2.3g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	50.2g	6.9g
- sugars (g)	26.9g	3.7g
Sodium (g)	1320mg	182mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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