



# JERK CHICKEN & VEGGIE TRAYBAKE

with Charred Corn Salsa



Make a hands-off traybake



Chicken Thigh



Mild Caribbean Jerk Seasoning



Kumara



Courgette



Red Onion



Sweetcorn



Tomato



Coriander



Spring Onion



Lemon



Greek Yoghurt



Chilli Flakes (Optional)

Hands-on: 30 mins  
Ready in: 50 mins

Low calorie

Spicy (optional chilli flakes)

Eat me first

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.

**Pantry Staples:** Olive Oil

## 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 **kumara** (unpeeled) and **courgette** into 2cm chunks. Cut the **red onion** into 3cm wedges.



### 2 BAKE THE CHICKEN & VEGGIES

Spread the **kumara**, **courgette** 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**. Thinly slice the **spring onion**. Zest the **lemon** 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**, **1/2** the **spring onion**, a **drizzle** of **olive oil**, a **squeeze** of **lemon** juice and a **pinch** of **salt** and **pepper** and stir to combine.



### 5 FLAVOUR THE YOGHURT

In a small bowl, combine the **Greek yoghurt**, a **pinch** of **chilli flakes** (if using), **lemon** zest, a **pinch** of **salt** and **pepper** and a **generous squeeze** of **lemon** 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 lemon-chilli yoghurt. Garnish with the remaining spring onion and squeeze over the lemon wedges to serve.

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

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
chicken thigh	1 packet
mild Caribbean jerk seasoning	2 sachets
kumara	4
courgette	2
red onion	2
salt*	½ tsp
sweetcorn	1 tin (300 g)
tomato	2
coriander	1 bunch
spring onion	1 bunch
lemon	1
Greek yoghurt	2 packets (200 g)
chilli flakes (optional)	pinch

\*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.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

## ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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