

Creepy Caribbean Chicken & Roasted Potato

with Cursed Corn Slaw & Smokey Aioli

HALLOWEEN

KID FRIENDLY BESTSELLER







PY





Sweetcorn

Lemon





Chicken Breast

Mild Caribbean Jerk Seasoning

Avocado



Slaw Mix

Baby Spinach Leaves



Smokey Aioli

Pantry items

Olive Oil



Prep in: 20-30 mins Ready in: 30-40 mins

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startling Caribbean jerk seasoning. That should placate any hungry beast at your table.

Did you hear that? Something just made a noise that sounds oddly like a rumbling stomach. It's best to offer this hungry beast

a creamy and charred corn slaw with some crisp roast potatoes. If that isn't enough, we heard it's favourite is chicken with a

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Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

-			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
sweetcorn	1 tin	1 tin	
lemon	1/2	1	
chicken breast	1 small packet	2 small packets OR 1 large packet	
mild Caribbean jerk seasoning	1 sachet	1 sachet	
avocado	1	1	
slaw mix	1 bag (150g)	1 bag (300g)	
baby spinach leaves	1 small bag	1 medium bag	
smokey aioli	1 large packet	2 large packets	
peeled prawns**	1 packet	1 packet	
and the second			

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	505kJ (121Cal)
Protein (g)	42.5g	6.5g
Fat, total (g)	48.9g	7.5g
- saturated (g)	6.6g	1g
Carbohydrate (g)	49.6g	7.6g
- sugars (g)	20.9g	3.2g
Sodium (mg)	1415mg	218mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2892kJ (691Cal)	490kJ (117Cal)
Protein (g)	23.1g	3.9g
Fat, total (g)	44.2g	7.5g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	48.8g	8.3g
- sugars (g)	20.9g	3.5g
Sodium (mg)	1968mg	333mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help! Scan here if you have any questions or concerns 2023 | CW44



Roast the potato

Cook the chicken

if your pan is getting crowded).

worry, this adds to the flavour!

pink inside.

up, 3-4 minutes.

• Return the pan to medium-high heat with a

TIP: The spice blend will char in the pan, don't

TIP: Chicken is cooked through when it's no longer

Custom Recipe: IHeat the pan as above. Cook prawns, tossing, until pink and starting to curl

drizzle of **olive oil**. Cook **chicken** until cooked

through, **3-5 minutes** each side (cook in batches

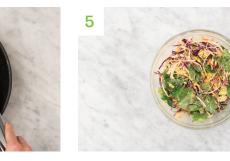
- Preheat oven to 220°C/200°C fan-forced. Cut potato into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

- While the potato is roasting, drain the sweetcorn. Cut lemon into wedges.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine mild Caribbean jerk seasoning and a drizzle of olive oil. Add chicken and toss to coat.

Custom Recipe: If you've swapped chicken breast to peeled prawns, season prawns as above.



Make the slaw

- While the chicken is cooking, slice **avocado** in half, scoop out flesh and roughly chop.
- Add slaw mix to the bowl of charred corn, along with **baby spinach leaves**, **avocado**, half the smokey aioli and a generous squeeze of lemon juice. Season and toss to combine.



Char the corn

• Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a second medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Slice Caribbean jerk chicken.
- · Divide chicken, roasted potato and charred corn slaw between plates.
- Serve with remaining smokey aioli and lemon wedges. Enjoy!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate