



# Creepy Caribbean Chicken & Roasted Potato

with Cursed Corn Slaw & Smokey Aioli

HALLOWEEN

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Lemon



Chicken Breast



Mild Caribbean Jerk Seasoning



Avocado



Slaw Mix



Baby Spinach Leaves



Smokey Aioli



Peeled Prawns

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

Eat Me Early

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

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil



## 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	½	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

\*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](https://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



1



## Roast the potato

- 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**.

4



## Cook the chicken

- Return the pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** The spice blend will char in the pan, don't worry, this adds to the flavour!

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Heat the pan as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.

2



## 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.

5



## 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.

3



## 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.

6



## 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](https://hellofresh.co.nz/rate)