



Caribbean Chicken & Roasted Veggies

with Cucumber Salad & Aioli

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Cucumber



Chicken Breast



Mild Caribbean Jerk Seasoning



Baby Spinach Leaves



Garlic Aioli

Prep in: 30-40 mins
Ready in: 35-45 mins

Carb Smart

Eat Me Early

We're using our mild Caribbean jerk seasoning to give the classic combo of chicken and veggies some Jamaican mojo. Colourful veggies with salad and creamy aioli bring added excitement to this devilishly delicious dish.

Pantry items

Olive Oil, White Wine Vinegar

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	1	2
carrot	1	2
beetroot	1	2
cucumber	1 (medium)	1 (large)
chicken breast	1 small packet	2 small packets OR 1 large packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2157kJ (516Cal)	385kJ (92Cal)
Protein (g)	34.8g	6.2g
Fat, total (g)	28.6g	5.1g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	35.9g	6.4g
- sugars (g)	20.1g	3.6g
Sodium (mg)	1083mg	193mg
Dietary Fibre (g)	9.4g	1.7g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

2



Get prepped

- While the veggies are roasting, thinly slice **cucumber**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.

3



Flavour the chicken

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Season with **salt**, then add **chicken** and turn to coat.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-5 minutes** each side.

TIP: The chicken is cooked through when it's no longer pink inside.

5



Make the salad

- Meanwhile, add **baby spinach leaves** in a large bowl, along with **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and toss to combine.

6



Serve up

- Slice Caribbean chicken.
- Divide roasted veggies and cucumber salad between bowls. Top with chicken, spooning over any resting juices.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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