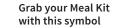


# Caribbean Chicken & Roasted Veggies

with Cucumber Salad & Aioli

BESTSELLER













Beetroot

Cucumber





Chicken Breast

Mild Caribbean Jerk Seasoning





**Baby Spinach** Leaves

Garlic Aioli



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

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.

## 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  $\cdot$  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	

<sup>\*</sup>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.



# 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.



# 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.



### 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.



## 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.



## 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.



## 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!

