



# Caribbean Chicken & Roasted Veggies

with Cucumber Salad & Mayonnaise

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Cucumber



Mild Caribbean Jerk Seasoning



Chicken Thigh



Baby Spinach Leaves



Mayonnaise



Chicken Thigh

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



Carb Smart\*  
*\*Custom Recipe is not 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 mayo bring added excitement to this devilishly delicious dish.

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

### 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
beetroot	1	2
cucumber	1 (medium)	1 (large)
mild Caribbean jerk seasoning	1 sachet	1 sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2070kJ (495Cal)	370kJ (88Cal)
Protein (g)	39.4g	7g
Fat, total (g)	21.1g	3.8g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	35.9g	6.4g
- sugars (g)	20.1g	3.6g
Sodium (mg)	1065mg	190mg
Dietary Fibre (g)	9.4g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (672Cal)	391kJ (93Cal)
Protein (g)	72.5g	10.1g
Fat, total (g)	26.3g	3.7g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	36.7g	5.1g
- sugars (g)	20.1g	2.8g
Sodium (mg)	1164mg	162mg

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

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## 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.

4



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **12-14 minutes**.

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

**Custom Recipe:** Sear the chicken in batches for the best result.

2



## Get prepped

- While the veggies are roasting, thinly slice **cucumber**.

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## Make the salad

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

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 thigh** and turn to coat.

**Custom Recipe:** If you've doubled your chicken thigh, prep in a large bowl.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)