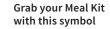


Caribbean Chicken & Roasted Veggies

with Cucumber Salad & Mayonnaise

BESTSELLER















Beetroot

Cucumber



Mild Caribbean Jerk Seasoning

Chicken Thigh





Baby Spinach Leaves

Mayonnaise



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 mayo 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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	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)		
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		
white wine vinegar*	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 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.



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.



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.



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.



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!



Scan here if you have any questions or concerns





Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate