



Caribbean Chicken & Creamy Cucumber Slaw

with Veggie Fries & Garlic Aioli

Grab your Meal Kit with this symbol



White Turnip



Potato



Cucumber



Chicken Breast



Mild Caribbean Jerk Seasoning



Slaw Mix



Mayonnaise



Coriander

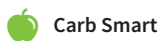


Garlic Aioli



Chicken Thigh

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



Carb Smart

Eat Me Early

We're using our mild Caribbean jerk seasoning to give the classic combo of chicken and fries some Jamaican mojo with a twist. Sweet mango mayo and a colourful, creamy slaw brings 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
potato	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
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
coriander	1 bag	1 bag
garlic aioli	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)	2212kJ (529Cal)	424kJ (101Cal)
Protein (g)	34g	6.5g
Fat, total (g)	36.3g	7g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	30.1g	5.8g
- sugars (g)	14.4g	2.8g
Sodium (mg)	1258mg	241mg
Dietary Fibre (g)	8.1g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2206kJ (527Cal)	422kJ (101Cal)
Protein (g)	34g	6.5g
Fat, total (g)	36.3g	4.2g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	30.3g	5.8g
- sugars (g)	16.9g	3.2g
Sodium (mg)	1259mg	241mg
Dietary fibre	6.4g	1.2g

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW49



Prep the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **white turnip** and **potato** into fries.



Bake the veggie fries

- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

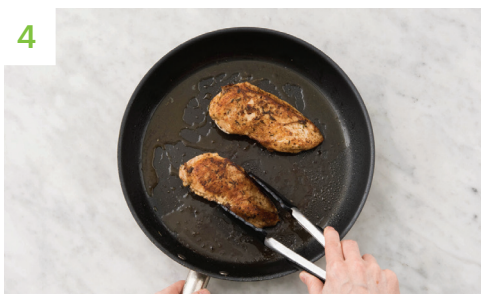
TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, slice **cucumber** into half-moons.
- Place your hand flat on top of **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 turn to coat.

Custom Recipe: If swapped from chicken breast, to chicken thigh, combine with mild Caribbean jerk seasoning and a drizzle of olive oil.



Cook the chicken

- When the fries have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The spice blend may char slightly in the pan, this adds to the flavour!

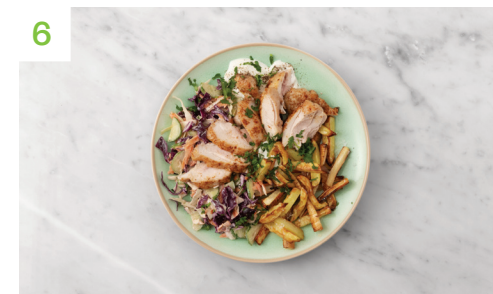
TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: Heat the pan as above and cook chicken thigh, turning occasionally, until browned and cooked through, 14-16 minutes.



Make the slaw

- Meanwhile, add **slaw mix**, **cucumber**, **mayonnaise** and a drizzle of **white wine vinegar** to a large bowl. Toss to combine and season to taste.



Serve up

- Finely chop **coriander**. Slice Caribbean chicken.
- Divide chicken, creamy cucumber slaw and veggie fries between plates.
- Sprinkle with coriander and serve with **garlic aioli**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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