

# Caribbean Chicken Drumsticks & Fries

with Charred Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol







Chicken Drumsticks



6000

Mild Caribbean Jerk Seasoning

Potato





Sweetcorn

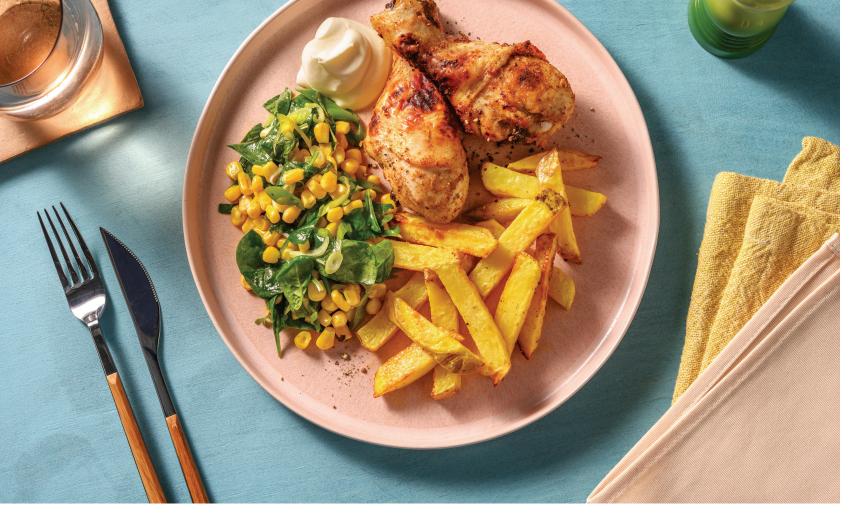
**Spring Onion** 





**Baby Spinach** Leaves

Sour Cream



**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

Hands-on: 10-20 mins Ready in: 50-60 mins



Eat Me Early

Take a trip to the Caribbean with our jerk spice rubbed chicken drumsticks. They get their island flavour from a mild, aromatic spice blend and some time to bake in the oven. Paired with fries and a charred corn salsa, this is a feast for the senses!

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large baking dish lined with foil  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

# Ingredients

|                                  | 2 People        | 4 People        |
|----------------------------------|-----------------|-----------------|
| olive oil*                       | refer to method | refer to method |
| garlic                           | 3 cloves        | 6 cloves        |
| chicken<br>drumsticks            | 1 packet        | 1 packet        |
| mild Caribbean<br>jerk seasoning | 1 sachet        | 2 sachets       |
| honey*                           | ½ tbs           | 1 tbs           |
| salt*                            | 1/4 tsp         | ½ tsp           |
| white wine<br>vinegar*           | drizzle         | drizzle         |
| potato                           | 2               | 4               |
| sweetcorn                        | 1 tin           | 2 tins          |
| spring onion                     | 2 stems         | 4 stems         |
| baby spinach<br>leaves           | 1 bag<br>(30g)  | 1 bag<br>(60g)  |
| sour cream                       | 1 medium packet | 1 large packet  |
|                                  |                 |                 |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Avg Qtg          |                 |                |
| Energy (kJ)      | 2860kJ (684Cal) | 450kJ (108Cal) |
| Protein (g)      | 45.3g           | 7.1g           |
| Fat, total (g)   | 28g             | 4.4g           |
| - saturated (g)  | 12.1g           | 1.9g           |
| Carbohydrate (g) | 44.8g           | 7g             |
| - sugars (g)     | 15.6g           | 2.5g           |
| Sodium (mg)      | 1796mg          | 282mg          |

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.



#### Bake the chicken drumsticks

- Preheat oven to 220°C/200°C fan-forced. Finely chop garlic.
- Add chicken drumsticks to a lined baking dish. Add garlic, mild Caribbean jerk seasoning, honey, salt and a drizzle of white wine vinegar and olive oil. Toss to coat, then arrange in a single layer. Bake chicken for 20 minutes.
- Turn chicken and spoon over any juices in baking dish. Continue baking until golden brown and cooked through, 20-25 minutes.

TIP: The spice blend will char slightly, this adds flavour to the dish!



# Make the charred corn salsa

- Drain sweetcorn.
- Heat a large frying pan over a high heat. Cook sweetcorn until lightly charred, 4-5 minutes. Transfer to a medium bowl.
- Meanwhile, thinly slice **spring onion**. Roughly chop **baby spinach leaves**.
- Add spring onion, baby spinach and a drizzle of white wine vinegar and olive oil to charred corn. Season.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



#### Bake the fries

- While chicken is baking, cut **potato** into fries.
- Place fries on a lined oven tray. Season with salt and drizzle with olive oil.
  Toss to coat, then bake until tender, 25-30 minutes.



# Serve up

- Divide Caribbean chicken drumsticks and fries between plates.
- Spoon over any remaining glaze from baking dish.
- Serve with charred corn salsa and sour cream.

# Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact