



# Caribbean Chicken Drumsticks & Fries

with Charred Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Chicken Drumsticks



Mild Caribbean Jerk Seasoning



Potato



Sweetcorn



Spring Onion



Baby Spinach Leaves



Sour Cream

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!

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
chicken drumsticks	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
honey*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
white wine vinegar*	drizzle	drizzle
potato	2	4
sweetcorn	1 tin	2 tins
spring onion	2 stems	4 stems
baby spinach leaves	1 bag (30g)	1 bag (60g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

3



## 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.

2



## 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**.

4



## 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!