



# BBQ Jerk Style Chicken Breast and Sausages with Charred Sweetcorn Slaw and Chilli & Coriander Sweet Potatoes

BBQ Feast 45 Minutes • Medium Spice

33



Sweet Potato



Lime



Coriander



Red Chilli



Spring Onion



Garlic Clove



Sweetcorn



Honey



Caribbean Style Jerk



Chicken Breast



Pork and Oregano Sausage



Coleslaw Mix



Soured Cream



Mango Chutney

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Sieve, Bowl, Frying Pan.

## Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Lime**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	½	1
Spring Onion**	2	3	4
Garlic Clove	1	1	2
Sweetcorn**	150g	225g	300g
Honey	1 sachet	2 sachets	2 sachets
Caribbean Style Jerk 9)	1 sachet	1 sachet	1 sachet
Oil for the Marinade*	1 tbsp	1½ tbsps	2 tbsps
Chicken Breast**	2	3	4
Pork and Oregano Sausage 13) 14)**	4	6	8
Coleslaw Mix	120g	180g	240g
Soured Cream 7)**	75g	120g	150g
Mango Chutney	1 sachet	2 sachets	2 sachets
Oil for the Drizzle*	2 tbsps	3 tbsps	4 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	817g	100g
Energy (kJ/kcal)	4477 /1070	548 /131
Fat (g)	46	6
Sat. Fat (g)	17	2
Carbohydrate (g)	99	12
Sugars (g)	42	5
Protein (g)	63	8
Salt (g)	3.06	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Bake the Potatoes

Preheat your oven to 220°C. Halve the **sweet potatoes** lengthways, pop them onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** into the **potatoes** then lay them cut-side up. When your oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins. Meanwhile, halve the **lime**. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop (see ingredients for amount). Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.



## Cook the Chicken

Heat a drizzle of **oil** in the (now empty) pan on medium-high heat. Lay the **marinated chicken breasts** into the pan and cook until browned and slightly charred, 3-5 mins each side. **TIP: Turn the heat down if it starts to get too charred.** Then pop the **chicken** onto the other **half** of the **sausage** baking tray and roast on the middle shelf of your oven until cooked through, 10-15 mins. When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins. Alternatively, cook on your BBQ. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



## Jerk Chicken Time

In a medium bowl, mix together the **honey**, **Caribbean style jerk mix** and the **garlic**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Add the **olive oil for the marinade** (see ingredients for amount), a good squeeze of **lime** and season with **salt** and **pepper**. Add the **chicken breasts** to the bowl and mix well to coat the **chicken** in the **marinade**, then leave aside. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.**



## Make the Slaw

Meanwhile, pop the **coleslaw mix** into the **sweetcorn** bowl. Add the **soured cream**, **half** the **coriander**, **half** the **spring onion**, a squeeze of **lime** and season with **salt** and **pepper**. Mix well, then taste and add more **salt**, **pepper** or **lime** if needed, then set aside. A couple of minutes before the **sausages** are cooked, drizzle over the **mango chutney**, turn to coat them fully then pop back into the oven for the remaining time. Just before you are ready to serve, pop the remaining **coriander**, **red chilli**, **olive oil for the drizzle** (see ingredients for **chilli** and **oil** amounts) and a good squeeze of **lime** into a bowl and stir together. Season with **salt** and **pepper** to taste. Cut any remaining **lime** into **wedges**.



## Sausage Time

Pop the **sausages** onto one side of a baking tray. When your oven is hot, bake them on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. Alternatively, cook them on your BBQ. **IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.** Meanwhile, heat a large frying pan on medium heat (no oil). Once hot, add the **sweetcorn** and cook until nicely charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Then transfer to a medium bowl.



## Serve and Tuck In

When everything is ready, transfer the **Jerk style chicken** and **mango glazed sausages** to your plates. Drizzle the **coriander** and **red chilli** mix over the cut side of the **sweet potatoes**, then divide them between your plates. Scatter the remaining **spring onion** over them and an extra squeeze of **lime**. Serve with the charred **sweetcorn slaw** and any remaining **lime wedges** alongside.

Enjoy!