



# Jerk Chicken

with Rice and Beans



## HELLO SWEETCORN

*This type of corn is so sweet because of a mutation in it's genes which controls the conversion of sugar to starch.*



Black Beans



Sweetcorn



Chicken Thigh



Honey



Caribbean Jerk



Coconut Milk



Basmati Rice



Desiccated Coconut



Vine Tomato



Lime



Coriander



Red chilli

MEAL BAG

Hands on: 20 mins  
Total: 40 mins

... of your  
5 a day

Family Box

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve, 3 Bowls, Baking Tray, Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



### 1 ROAST THE CHICKEN

Preheat your oven to 200°C. Drain the **beans** and **sweetcorn** in a sieve. Pop the **chicken** in a bowl with a drizzle of **oil** and add the **honey, Caribbean Jerk** and a pinch of **salt** and **pepper**. Mix together well. Lay the **chicken** out on a large baking tray, skin side up. Roast on the middle shelf of the oven until cooked through and crispy, 30-35 mins.

★ **TIP:** The chicken is cooked when it is no longer pink in the middle.



### 2 COOK THE RICE

Meanwhile, put the **water** (see ingredients for amount) and **coconut milk** in a large saucepan with a pinch of **salt** and bring to the boil. Add the **rice**. Cover with a lid, reduce the heat to a simmer and leave to cook for 10 mins. After 10 mins, remove the lid, add the **beans** and **sweetcorn** (don't stir) then replace the lid, remove from the heat and leave to one side for 10 mins - the **rice** will continue to cook in its own steam.



### 3 TOAST THE COCONUT

While the rice cooks, heat a frying pan on high heat (no oil). Add the **desiccated coconut** and toast, stirring occasionally, until golden, 1-2 mins. Transfer to a small bowl and set aside.



### 4 MAKE THE SALAD

Chop the **tomatoes** into 2cm chunks. Zest the **lime** then chop in half. Pop the **tomatoes** and **lime zest** in a bowl and add a squeeze of juice, a pinch of **salt** and **pepper** and a drizzle of **oil**. Stir together and leave to one side.



### 5 FINISH UP

Roughly chop the **coriander**, stalks and all. Halve the **chilli**, remove the **seeds** and finely chop. Mix the **chilli** and **coriander** into the **toasted coconut**.



### 6 SERVE

Gently stir the **sweetcorn** and **beans** through the **rice**. Serve with the **jerk chicken** on top and **tomato salad** alongside. For the adults, finish with a scattering of the **chilli** mix. **Enjoy!**

## 4 PEOPLE INGREDIENTS

In order of use

Black Turtle Beans	1 carton
Sweetcorn	1 tin
Chicken Thigh	8
Honey	1 sachet
Caribbean Jerk	2 pots
Water*	200ml
Coconut Milk	1 tin
Basmati Rice	300g
Desiccated Coconut	1 sachet
Vine Tomato	2
Lime	1
Coriander, chopped	1 bunch
Red chilli	1

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 676G	PER 100G
Energy (kcal)	1360	201
(kJ)	5691	842
Fat (g)	70	10
Sat. Fat (g)	32	5
Carbohydrate (g)	84	12
Sugars (g)	13	2
Protein (g)	65	10
Salt (g)	1.40	0.21

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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