



JERK CHICKEN TRAYBAKE

with Pineapple Salsa and Zesty Sour Cream



HELLO SWEET POTATO

According to statistics, over 260 billion pounds of sweet potatoes are produced globally every year, making it one of the most important food crops in the world.



Sweet Potato



Corn on the Cob



Lime



Caribbean Jerk Seasoning



Honey



Chicken Drumstick



Soured Cream



Pineapple Rings



Red Chilli



Coriander

MEAL BAG

Hands on: **30** mins
Total: **40** mins

... of your
5 a day

Family Box

Create a slice of Caribbean heaven with our delicious Jamaican Jerk Chicken recipe. Jerk chicken, a typical Jamaican street food, is traditionally cooked for hours over fires made from the aromatic wood of allspice trees. And it's allspice together with hot peppers, ginger and thyme that give Jerk its distinctive flavour. In our recipe, chicken is coated and baked in a Jerk marinade and served with corn on the cob, pineapple salsa and a zesty sour cream. Feel the sunshine...

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Foil**, a **Baking Tray**, **Mixing Bowl** and **Fine Grater**. Now, let's get cooking!



1 PREP

Preheat your oven to 200°C and line a large baking tray with foil (you may need two). Chop the **sweet potato** into 2cm chunks (no need to peel). Halve each **corn on the cob** by running a knife firmly around the middle then snapping in half with your hands. Zest the **lime** then chop into wedges.



2 MAKE THE MARINADE

In a mixing bowl, combine the **Jerk seasoning**, **honey**, **half the lime zest** and the **olive oil** (see ingredients for amount). Season with a good pinch of **salt** and **pepper**. Add the **sweet potato**, **corn** and **chicken drumsticks** to the bowl and use your hands to ensure they get thoroughly coated in the marinade. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 BAKE

Transfer the entire contents of the bowl to your prepared baking tray(s) and spread out in one even layer. **★ TIP:** Don't overcrowd the tray - everything needs enough space to get nice and crispy so use two trays if necessary. Roast on the top shelf of your oven until everything is cooked, 30-35 mins. Turn halfway through cooking. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



4 SALSA TIME

Meanwhile, mix the **soured cream** and remaining **lime zest** in a small bowl. Chop the **pineapple** into small pieces (keep the **juice!**). Halve, deseed then finely chop the **chilli**. Roughly chop the **coriander** (stalks and all). Pop the **pineapple**, **chilli** (add as much as you like) and **coriander** in another bowl. Stir in the **juice** from **half the lime**, half a tablespoon of **pineapple juice** per person and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**.



5 FINISH UP

When ready to serve, remove the traybake from your oven and divide the **chicken** and **veggies** between your plates. **+ TWIST IT UP:** Finish with some **lime sour cream** and/or a spoonful of **salsa** for those who want it and the remaining **lime wedges**.



6 SERVE

Serve up and **enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 small	2 small	1 large
Corn on the Cob *	1	1½	2
Lime *	½	¾	1
Caribbean Jerk Seasoning	1 pot	1½ pots	2 pots
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Chicken Drumstick *	4	6	8
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch
Pineapple Rings	½ tin	¾ tin	1 tin
Red Chilli *	½	½	½
Coriander *	1 bunch	1 bunch	1 bunch
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 534G	PER 100G
Energy (kcal)	858	161
(kJ)	3588	673
Fat (g)	47	9
Sat. Fat (g)	14	3
Carbohydrate (g)	51	10
Sugars (g)	23	4
Protein (g)	58	11
Salt (g)	1.25	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 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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