



Caribbean Style Mango Glazed Jerk Chicken

with Cheesy Wedges, Baked Corn on the Cob and Mango Salsa

N° 27

STREET FOOD 40 Minutes • Medium Spice • 1 of your 5 a day



Potato



Corn on the Cob



Skin on Chicken Thigh



Caribbean Jerk



Mango Chutney



Mango



Red Chilli



Spring Onion



Lime



Mayonnaise



Cheddar Cheese

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays and Coarse Grater.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Corn on the Cob**	2	3	4
Skin on Chicken Thigh**	4	6	8
Caribbean Jerk	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	1½ sachets	2 sachets
Mango**	1	1	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lime**	½	1	1
Mayonnaise (8) (9)	1 sachet	2 sachets	2 sachets
Cheddar Cheese (7)**	1 block	2 blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	738g	100g
Energy (kJ/kcal)	3393 / 811	460 / 110
Fat (g)	34	5
Sat. Fat (g)	10	1
Carbohydrate (g)	82	11
Sugars (g)	30	4
Protein (g)	47	6
Salt (g)	2.20	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard

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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Packed in the UK



1. Potato Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel!). Pop the **wedges** on a low sided large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.** Wrap the **corn** in aluminium foil and pop them along side the **wedges**.



4. Limey Mayo

Put the **mayonnaise** in a small bowl and add the **lime zest**. Add a squeeze of **lime juice**. Season with **salt** and **pepper**, mix together, then taste and add more **salt**, **pepper** and **lime juice** to taste. Set aside for later.



2. Jerk Mango Chicken

Pop the **chicken thighs** into a bowl, sprinkle on the **jerk seasoning** and rub into the **chicken**. **IMPORTANT: Wash your hands and equipment after handling raw chicken.** Pop the **chicken thighs** onto a baking tray skin side up, then using a spoon smooth the **mango chutney** evenly over each **chicken thigh**. Season with **salt** and **pepper**. Pop on the middle shelf of the oven and roast until sticky and cooked through, 20-25 mins. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



5. Finish Off the Wedges

Finely grate the **Cheddar cheese**. When the **wedges** are cooked, top them with the **Cheddar cheese** and pop back into your oven to roast until the **Cheddar** has melted, 3-5 mins.



3. Prep the Mango Salsa

Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone. Halve the **chilli** lengthways, deseed then finely chop. Trim the **spring onions** then thinly slice. Zest the **lime** and cut in half. Pop the **mango**, **chilli**, **spring onion** in a medium bowl and squeeze over **half the lime juice**. Season with **salt** and **pepper** and mix together. Set aside.



6. Serve Up

Serve the **mango jerk chicken**, with the **corn on the cob**, **mango salsa**, a portion of the **cheesy wedges** and the **limey mayo**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.