



Caribbean Jerk Chicken Pie

with Cheesy Sweet Potato Topping

Grab your Meal Kit with this symbol 



Sweet Potato



Garlic



Capsicum



Carrot



Cucumber



Tomato



Coriander



Chicken Breast



Tomato Paste



Mild Caribbean Jerk Seasoning





Light Thickened Cream



Shredded Cheddar Cheese

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

 Eat me early

 Naturally gluten-free
Not suitable for Coeliacs

Who doesn't love a good chicken pie? This one gets a Caribbean twist with our tasty jerk seasoning and a refreshing cucumber and tomato salsa. The cheesy sweet potato topping will make sure every mouthful is bursting with flavour!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan
· Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic	2 cloves	4 cloves
capsicum	1	2
carrot	1	2
cucumber	1	2
tomato	1	2
coriander	1 bag	1 bag
chicken breast	1 packet	1 packet
tomato paste	1 sachet	2 sachets
mild Caribbean jerk seasoning	1 sachet	2 sachets
water*	½ cup	1 cup
light thickened cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3130kJ (747Cal)	390kJ (93Cal)
Protein (g)	54.5g	6.8g
Fat, total (g)	35.5g	4.4g
- saturated (g)	19.1g	2.4g
Carbohydrate (g)	48.5g	6.1g
- sugars (g)	27.4g	3.4g
Sodium (g)	1450mg	181mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the sweet potato is baking, finely chop the **garlic** (or use a garlic press). Cut the **capsicum** into 2cm chunks. Grate the **carrot** (unpeeled). Finely chop the **cucumber**. Finely chop the **tomato**. Roughly chop the **coriander**. Cut the **chicken breast** into 2cm chunks.



3. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Set aside in a bowl.



4. Cook the filling

Return the frying pan with a **drizzle of olive oil** to a medium-high heat. Add the **capsicum** and cook until softened, **4-5 minutes**. Add the **carrot, garlic, tomato paste** and **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**. Reduce the heat to a simmer and add the **water, light thickened cream** and the **salt** and cook until thickened, **2-3 minutes**.



5. Bake the pie

Return the **chicken** to the pan (along with the resting juices) and stir to combine. Transfer the mixture to a medium baking dish. Top with the **roasted sweet potato**, then sprinkle with the **shredded Cheddar cheese**. Bake until the cheese has melted and the mixture is bubbling, **10 minutes**. While the pie is baking, in a medium bowl, combine the **cucumber, tomato, coriander** and **white wine vinegar**.



6. Serve up

Divide the Caribbean jerk chicken pie with chunky sweet potato topping between bowls. Top with the cucumber and tomato salsa.

Enjoy!