












Caribbean Spiced Chicken


with Roast Veggie Toss & Lime Aioli


Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Red Onion
-  Capsicum
-  Corn
-  Lime
-  Chicken Thigh
-  Mild Caribbean Jerk Seasoning
-  Mango Mayonnaise
-  Baby Spinach Leaves

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

 Eat me early

 Naturally gluten-free
Not suitable for Coeliacs

 Calorie Smart

Those folks in the Caribbean sure know how to liven up a chicken dish – just add jerk seasoning! We're taking their advice, and including roasted veggies and lime mayo to match the main event.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 medium	1 large
red onion	½	1
capsicum	1	2
corn	1 cob	2 cobs
lime	½	1
chicken thigh	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2316kJ (554Cal)	315kJ (75Cal)
Protein (g)	43.5g	5.9g
Fat, total (g)	23.2g	3.2g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	37.1g	5g
- sugars (g)	28.3g	5g
Sodium (mg)	868mg	118mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into bite-sized chunks. Cut the **red onion** (see ingredients) into thick wedges. Thinly slice the **capsicum** into strips. Place the **pumpkin, onion, capsicum** and **corn** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender and slightly charred, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer! Divide the veggies between two trays if they can't fit in a single layer.



4 Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove the pan from the heat.

TIP: The spice blend will char in the pan, don't worry, this adds to the flavour!



2 Get prepped

While the veggies are roasting, zest the **lime** to get a good pinch, then slice into wedges.



5 Bring it all together

While the chicken is cooking, combine the **mango mayonnaise**, **lime zest** and a small squeeze of **lime juice** in a small bowl. When the **corn** is cool enough to handle, slice the kernels off the **corn** cob. In a large bowl, toss the **roasted veggies** and **corn** with the **baby spinach leaves**. Season to taste.



3 Flavour the chicken

In a medium bowl, combine the **chicken thigh** and **mild Caribbean jerk seasoning**.



6 Serve up

Slice the Caribbean spiced chicken. Divide the veggies between plates and top with the chicken. Drizzle over any chicken resting juices. Serve with the lime aioli and any remaining lime wedges.

Enjoy!