



# JERK CHICKEN DRUMSTICKS

with Rice & Corn Tomato Salsa



Make a charred corn salsa



Garlic



Mild Caribbean Jerk Seasoning



Chicken Drumsticks



Corn



Basmati Rice



Spring Onion



Tomato



Cucumber



Coriander



Lime

Hands-on: **25 mins**  
Ready in: **50 mins**

Eat me early

Take a trip to the Caribbean with our jerk spice rubbed chicken drumsticks. They get their island flavour from a mild, aromatic spice blend and some time to roast in the oven. Paired with rice and a charred corn and fresh tomato salsa, this is a feast for the senses!

**Pantry Staples:** Olive Oil, Honey, Vinegar (White Wine Or Red Wine)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large baking dish** lined with **baking paper**
- **medium saucepan** with a **lid**



### 1 BAKE THE JERK DRUMSTICKS

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Combine the garlic, **mild Caribbean jerk seasoning**, **honey**, **vinegar** and **salt (for the chicken)** in a large bowl with a **good drizzle** of **olive oil**. Add the **chicken drumsticks** and toss to coat. Transfer the chicken mixture to a large baking dish lined with baking paper and bake for **20 minutes**. Turn the drumsticks and spoon over any juices in the baking dish. Bake for a further **25-30 minutes**, or until the chicken is cooked through. **TIP:** *The spice blend will char slightly, this adds flavour to the dish!*



### 4 PREP THE SALSA

Once cool enough to handle, slice the **corn** kernels off the cob. Thinly slice the **spring onion**. Finely chop the **tomato**, **cucumber** and **coriander**. Juice the **lime** to get **2 tsp**, then slice the remaining lime into wedges.



### 2 BAKE THE CORN

While the chicken is baking, place the **corn cobs** directly onto the wire racks in the oven for **20-25 minutes**, or until tender. Remove from the oven and set aside to cool.



### 5 MAKE THE SALSA

Combine the **corn**, **spring onion**, **tomato**, **cucumber**, **coriander** and **lime juice** in a medium bowl and **drizzle** with **olive oil**. Season to taste with **salt** and **pepper** and toss to combine. **TIP:** *Use as little or as much spring onion as you like!*



### 3 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. Cover with a lid to keep warm.



### 6 SERVE UP

Divide the rice and jerk drumsticks between plates. Spoon over any sauce from the baking tray and top with the corn salsa. Serve with the remaining lime wedges.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
mild Caribbean jerk seasoning	2 sachets
honey*	1 tbs
vinegar* (white wine or red wine)	1 tbs
salt* (for the chicken)	½ tsp
chicken drumsticks	2 packets
corn	2
water* (for the rice)	3 cups
salt* (for the rice)	½ tsp
basmati rice	2 packets
spring onion	1 bunch
tomato	2
cucumber	1
coriander	1 bunch
lime	1

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	688kJ (164Cal)
Protein (g)	59.1g	13.7g
Fat, total (g)	16.4g	3.8g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	77.1g	17.8g
- sugars (g)	8.4g	2.0g
Sodium (g)	1420mg	328mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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