



# Caribbean Chicken & Charred Corn Salad

with Lemon Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Corn



Tomato



Cucumber



Long Red Chilli (Optional)



Lemon



Mild Caribbean Jerk Seasoning



Chicken Thigh



Garlic Aioli



Mixed Salad Leaves

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Spicy (optional long red chilli)

Calorie Smart

Eat me early

With a winning combo of Caribbean chicken, cooling lemon aioli and zesty corn salad, you're going to hate how fast this dish disappears from your plate!

### 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  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
corn	1 cob	2 cobs
tomato	1	2
cucumber	1	2
long red chilli (optional)	½	1
lemon	½	1
mild Caribbean jerk seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
garlic aioli	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	2 tsp	1 tbs

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2465kJ (589Cal)	319kJ (76Cal)
Protein (g)	42g	5.4g
Fat, total (g)	24.6g	3.2g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	42.7g	5.5g
- sugars (g)	22.3g	2.9g
Sodium (mg)	1014mg	131mg

### 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**. Chop the **sweet potato** (unpeeled) into 1cm chunks. Thinly slice the **capsicum**. Place the **sweet potato** and **capsicum** on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **20-25 minutes**.



## 2. Get prepped

While the veggies are roasting, slice the kernels off the **corn** cob. Roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Finely chop the **long red chilli** (if using). Zest the **lemon** to get a **good pinch**, then slice into wedges.



## 3. Char the corn

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.



## 4. Cook the chicken

In a medium bowl, combine the **mild Caribbean jerk seasoning**, a **good pinch** of **salt** and a **drizzle** of **olive oil**. Add the **chicken thigh** and toss to coat. Return the same frying pan to a medium-high heat and add a **drizzle** of **olive oil**. Cook the **chicken**, turning, until golden and cooked through, **10-14 minutes**.

**TIP:** Don't worry if the spice blend burns a little in the pan, this adds to the traditional flavour!



## 5. Make the sides

While the chicken is cooking, combine the **garlic aioli** with a **generous squeeze** of **lemon juice** in a small bowl. Set aside. Add the **tomato**, **cucumber**, **mixed salad leaves** and **long red chilli** (if using) to the charred **corn**. Add the **lemon zest**, the **white wine vinegar** and a **drizzle** of **olive oil**. Season to taste and toss to combine.



## 6. Serve up

Thickly slice the Caribbean chicken. Divide the chicken and charred corn salad between plates. Spoon any resting juices over the chicken. Serve with the lemon aioli and lemon wedges on the side.

**TIP:** For the Calorie Smart option, serve with half the lemon aioli.

**Enjoy!**