





# BBQ Jerk Style Chicken and Mango Glazed Sausages with Chilli & Coriander Sweet Potatoes and Charred Sweetcorn Slaw

33

BBQ Feast 35-45 Minutes • Medium Spice • 5 of your 5 a day



-  Sweet Potato
-  Lime
-  Coriander
-  Red Chilli
-  Garlic Clove
-  Sweetcorn
-  Honey
-  Caribbean Style Jerk
-  Chicken Breast
-  Cumberland Sausage
-  Coleslaw Mix
-  Soured Cream
-  Mango Chutney

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, sieve, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Lime**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	½	1
Garlic Clove**	1	1	2
Sweetcorn	150g	225g	300g
Honey	15g	30g	30g
Caribbean Style Jerk 9)	1 sachet	1 sachet	1 sachet
Chicken Breast**	2	3	4
Cumberland Sausage** 14)	4	6	8
Coleslaw Mix**	120g	180g	240g
Soured Cream** 7)	75g	120g	150g
Mango Chutney	40g	80g	80g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Drizzle*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	802g	100g
Energy (kJ/kcal)	4756/1137	593/142
Fat (g)	53.4	6.7
Sat. Fat (g)	17.3	2.2
Carbohydrate (g)	101.1	12.6
Sugars (g)	44.7	5.6
Protein (g)	64.5	8.1
Salt (g)	3.42	0.43

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Bake the Sweet Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **sweet potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes**, then lay them cut-side up.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.

Meanwhile, halve the **lime**. Roughly chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed, then finely chop (see ingredients for amount). Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.



## Bring on the Chicken

Pop the (now empty) pan back on medium-high heat (no oil).

Once hot, lay the **marinated chicken** into the pan and cook until browned and slightly charred, 3-5 mins each side.

Once browned, transfer to the other half of the **sausage** baking tray and roast for the remaining time until cooked through, 10-15 mins.

**IMPORTANT:** *The chicken and sausages are cooked when no longer pink in the middle.*

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins. Alternatively, you can BBQ them!



## Marinade Time

In a medium bowl, mix together the **honey**, **Caribbean style jerk**, **garlic** and **olive oil for the marinade** (see pantry for amount) with a good squeeze of **lime juice**. Season with **salt** and **pepper**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Add the **chicken breasts** and turn to coat them in the **marinade**, then set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Make the Slaw

Meanwhile, add the **coleslaw mix** to the bowl of **sweetcorn**. Stir in the **soured cream**, **half the coriander** and a squeeze of **lime juice**. Season, mix well, then taste and add more **salt**, **pepper** and **lime juice** if needed. Set aside.

Just before the **sausages** are cooked, drizzle them with the **mango chutney**, turning to coat, then cook for the remaining time.

In another bowl, add the **red chilli** (careful - it's hot), **olive oil for the drizzle** (see pantry for amount), remaining **coriander** and a good squeeze of **lime juice** and stir together. Season to taste.



## Cook the Sausages

Pop the **sausages** onto one side of another baking tray. Bake on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. Turn halfway through. Alternatively, cook them on the BBQ if you'd prefer! **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Transfer to a medium bowl.



## Finish and Feast

When everything's ready, spoon the **chilli & coriander drizzle** over the cut sides of the **baked sweet potatoes**, then share them between your plates. Squeeze over some **lime juice**.

Slice the **jerk style chicken** widthways into 1cm thick slices, then plate up with the **glazed sausages** and **charred sweetcorn slaw** alongside.

Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!