

BBQ Jerk Style Chicken and Mango Glazed Sausages



with Chilli & Coriander Sweet Potatoes and Charred Sweetcorn Slaw

BBQ Feast

35-45 Minutes · Medium Spice · 5 of your 5 a day













Red Chilli

Coriander







Garlic Clove



Sweetcorn



Honey



Caribbean Style Jerk



Chicken Breast



Cumberland Sausage



Coleslaw Mix





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**	1/2	1/2	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.

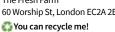
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Bake the Sweet Potatoes

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.



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.



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.



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!