



Caribbean Style Jerk Chicken Thighs with Honey Lime Wedges and Tangy Slaw

Sunshine Dining 35-40 Minutes • Mild Spice • 1 of your 5 a day

5



Potatoes



Chicken Thigh



Caribbean Style Jerk



Mango Chutney



Lime



Mayonnaise



Coleslaw Mix



Rocket



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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, bowl, baking paper and fine grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Thigh**	4	6	8
Caribbean Style Jerk 9)	1 sachet	2 sachets	2 sachets
Mango Chutney	40g	60g	80g
Lime**	1	1	2
Mayonnaise 8) 9)	32g	48g	64g
Coleslaw Mix**	120g	180g	240g
Rocket**	20g	40g	40g
Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Honey*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	604g	100g	564g	100g
Energy (kJ/kcal)	3544/847	587/140	2669/638	473/113
Fat (g)	43.5	7.2	20.8	3.7
Sat. Fat (g)	9.8	1.6	3.2	0.6
Carbohydrate (g)	74.2	12.3	74.4	13.2
Sugars (g)	30.5	5.0	30.6	5.4
Protein (g)	48.3	8.0	45.3	8.0
Salt (g)	1.77	0.29	1.69	0.30

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

Allergens

8) Egg 9) Mustard

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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Get your Wedges In

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins.



Make the Honey Lime Dressing

Meanwhile, zest and cut the **lime** into wedges.

In a small bowl, combine the **lime zest**, **honey** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well.

When the **wedges** have 5 mins remaining, spoon over the **honey lime dressing** and toss to combine. Return the **wedges** to the oven for the remaining cook time.



Marinate the Chicken

While the **wedges** cook, pop the **chicken thighs** in a large bowl along with the **Caribbean style jerk** and the **olive oil for the marinade** (see pantry for amount).

Season with **salt** and **pepper** and mix well to coat.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, marinate in the same way.



Mix the Slaw

While everything cooks, in a medium bowl, combine the **mayo**, a squeeze of **lime juice** from a **lime wedge** and the **sugar** (see pantry for amount).

Add the **coleslaw mix** to the bowl of **zesty mayo** and stir to combine. Season with **salt** and **pepper**. Taste and add more **salt**, **pepper** or **lime juice** if needed.

Just before everything's ready, mix the **rocket** into the **slaw**.



Roasting Time

Lay the **chicken thighs** flat onto a lined baking tray. Roast on the middle shelf of your oven until browned and cooked through, 16-18 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

When the **chicken** has 5 mins remaining, drizzle over the **mango chutney** and return to the oven for the remaining cook time.

CUSTOM RECIPE

Roast the **chicken breast** on the middle shelf of your oven for 25-30 mins instead, until browned and cooked through.



Serve

When ready, slice the **Caribbean style jerk chicken thighs** widthways into 2cm thick slices and share between your plates. Spoon over any remaining **glaze** from the tray.

Serve the **honey lime wedges**, **tangy slaw** and any remaining **lime wedges** alongside.

Enjoy!

CUSTOM RECIPE

Slice each **chicken breast** widthways into 2cm thick slices and serve.