



Caribbean Jerk Inspired Chicken Traybake with Pepper and Green Beans

Taste the Caribbean 40-45 Minutes • Mild Spice • 1 of your 5 a day

45



Potatoes



Bell Pepper



British Chicken Breasts



Roasted Spice and Herb Blend



Green Beans



Caribbean Style Jerk



Mango Chutney



Our Caribbean Jerk Inspired Chicken Traybake captures the vibrant flavours of the Caribbean. Flavoured with jerk seasoning that contains paprika, cayenne, pimento and thyme, sweetness, spice and heat deliciously collide together.

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Green Beans**	150g	225g	300g
British Chicken Breasts**	2	3	4
Caribbean Style Jerk 9)	1 sachet	2 sachets	2 sachets
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2334 /558	411 /98
Fat (g)	14.5	2.6
Sat. Fat (g)	1.9	0.3
Carbohydrate (g)	63.9	11.3
Sugars (g)	18.5	3.3
Protein (g)	45.9	8.1
Salt (g)	1.43	0.25

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

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Time to Bake

Roast the **chicken** and **pepper** on the top shelf of your oven until the **veg** are tender and the **chicken** is cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Cut lengthways into large wedges.

Trim the **green beans**.



Bring on the Beans

When the **chicken** has 10 mins remaining, add the **green beans** to the baking tray with the **chicken** and **pepper**. Toss with the **pepper**.

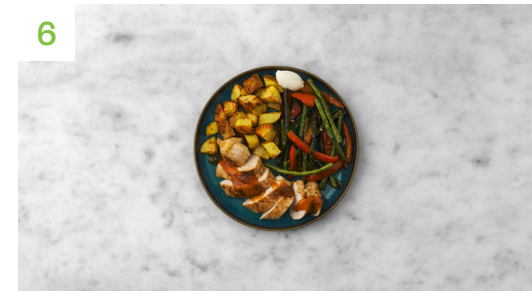
Return the tray to the oven for the remaining cooking time.



Flavour the Chicken

Lay the **chicken** onto a large baking tray. Sprinkle with the **Caribbean style jerk** and season with **salt** and **pepper**.

Add the **pepper** to the tray next to the **chicken**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Serve Up

Once cooked, drizzle the **mango chutney** over the **chicken**. Cut the **chicken** into 2cm thick slices.

Share the **chicken**, **potatoes** and **roasted veg** between your plates.

Serve with the **mayo** (see pantry for amount) on the side for dipping.

Enjoy!