

Caribbean Style Chicken Pepperpot

with Sweet Potato and Cheat's 'Buss Up Shut' Roti

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



Garlic Clove



Spring Onion



Sweet Potato



British Chicken Thighs



Caribbean Style Jerk



Coconut Milk



Chicken Stock Paste



Thyme



Puff Pastry Sheet



Hot Sauce



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Pepperpot is a hearty, one-pot stew that's eaten all over the Caribbean. The rich gravy is packed full of flavour - in this recipe, we're using chicken, sweet potato, fresh thyme and spices. Pepperpot is often served with homemade bread, roti or rice, which is why you'll also make a buss up shut roti - a flaky, layered roti which resembles a torn (or 'busted up') shirt. We're using puff pastry for a cheat's version!

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

Garlic press, saucepan, lid, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Sweet Potato	1	2	2
British Chicken Thighs**	4	6	8
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Thyme**	1 bunch	1 bunch	1 bunch
Puff Pastry Sheet** (13)	1 pack	1½ packs	2 packs
Hot Sauce	30g	50g	60g
British Chicken Breasts**	2	3	4

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	691g	100g	651g	100g
Energy (kJ/kcal)	5534 / 1323	801 / 192	4658 / 1113	716 / 171
Fat (g)	81.3	11.8	58.7	9.0
Sat. Fat (g)	42.4	6.1	35.7	5.5
Carbohydrate (g)	93.6	13.6	93.8	14.4
Sugars (g)	19.0	2.8	19.2	2.9
Protein (g)	55.7	8.1	52.6	8.1
Salt (g)	3.39	0.49	3.31	0.51

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

Allergens

9) Mustard 13) Cereals containing gluten

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.

Contact

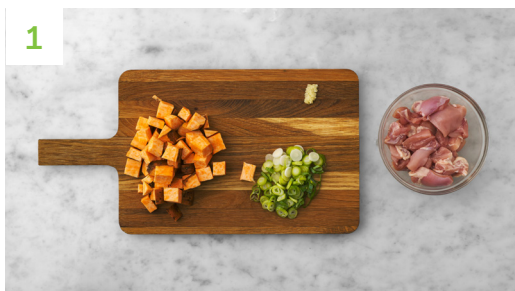
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Get Prepped

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Chop the **sweet potato** into 1cm chunks (no need to peel).

Slice the **chicken thighs** widthways into 3 or 4 pieces (depending on size). **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep in the same way, then fry, 2-3 mins. Once browned, simmer for the same amount of time.



Buss Up Shut Roti!

To make the **roti**, unroll the **puff pastry** onto a clean, lightly floured surface. Remove the paper then tightly roll the **pastry** back up. Cut the **pastry** lengthways into 4 equal-sized pieces.

Stand a piece up onto one of the cut sides. Using the palm of your hand, press it down to make a flat disc. Sprinkle over a little **flour**.

Roll the **dough** into an even circle approximately 18-20 cm in diameter using a rolling pin.

Repeat with the remaining **pastry pieces**.



Spice it Up

Heat a drizzle of **oil** in a large saucepan with a tight-fitting lid on medium-high heat.

Once hot, add the **garlic** and **Caribbean style jerk**, then stir-fry for 30 secs.

Add the **chicken pieces** and stir-fry until starting to colour, 1-2 mins.

Next, stir in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount) until combined.



Finish Off

Heat a large frying pan on medium heat (no oil). Once hot, lay the first **roti** into the pan and cook until golden brown, 2-3 mins.

Flip the **roti** over and cook, 1-2 mins more. The **roti** will puff up slightly. **TIP:** Watch it like a hawk so it doesn't burn. Turn down the heat or flip again if needed.

Transfer to a plate and leave to cool, 1 min. Bringing your hands together as if clapping with the **roti** in the middle, slap the bread together (careful, it will be hot). **TIP:** This technique allows the steam to escape, will keep the roti crispy and will separate the layers.

Repeat with the remaining **rotis**.

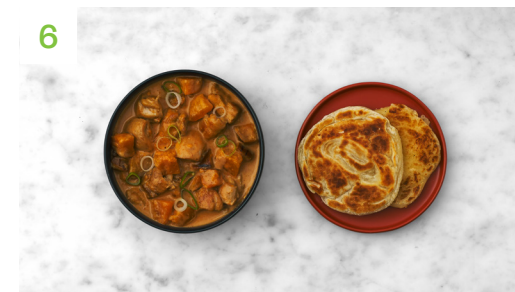


Time to Simmer

Bring the **chicken pepperpot** to the boil.

Once boiling, lower the heat to medium, then add the **sweet potato** and a few **thyme stems** (no need to pick the leaves, just add the whole stems - remove stems before serving).

Cover with a lid and simmer until the **chicken** is cooked and the **sweet potato** is tender, 15-20 mins, stirring occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

Once the **Caribbean style pepperpot** is cooked and the **sauce** has thickened, stir through the **hot sauce**. Taste and season with **salt** and **pepper** and remove from the heat.

Share the **chicken pepperpot** between your serving bowls and sprinkle over the **spring onion**.

Serve the **buss up shut roti** on the side for dipping and scooping.

Enjoy!