

Jamaican Inspired Coconut Corn Soup

with Cheat's 'Buss Up Shut' Roti

A Taste of Jamaica 30-35 Minutes • Mild Spice • 3 of your 5 a day



Puff Pastry Sheet



Sweet Potato



Onion



Bell Pepper



Garlic Clove



Sweetcorn



Ginger Puree



Red Split Lentils



Coconut Milk



Vegetable Stock Paste



Hot Sauce



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

+ Add Chicken Breast

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

Happy cooking!



This warming recipe is inspired by traditional Jamaican corn soup. Traditionally, it's made with coconut, split peas and sweetcorn, and flavoured with spicy cayenne, scotch bonnet and ginger. 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

Baking tray, garlic press, sieve, saucepan, lid, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** (13)	½ pack	¾ pack	1 pack
Sweet Potato	1	1½	2
Onion	1	1½	2
Bell Pepper***	1	1½	2
Garlic Clove**	3	4	6
Sweetcorn	160g	255g	340g
Ginger Puree	15g	22g	30g
Red Split Lentils	50g	75g	100g
Coconut Milk	200ml	250ml	400ml
Vegetable Stock Paste	15g	25g	30g
Hot Sauce	50g	80g	100g
Diced British Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml
Sugar*	1 tsp	1½ tsp	2 tsp

*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	Custom Recipe		
		Per 100g	Per serving	Per 100g
for uncooked ingredient	710g	100g	840g	100g
Energy (kJ/kcal)	3702 / 885	522 / 125	4350 / 1040	518 / 124
Fat (g)	43.8	6.2	46.1	5.5
Sat. Fat (g)	30.4	4.3	31.0	3.7
Carbohydrate (g)	100.0	14.1	100.1	11.9
Sugars (g)	30.1	4.2	30.1	3.6
Protein (g)	20.2	2.9	51.7	6.2
Salt (g)	3.57	0.50	3.77	0.45

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

Allergens

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.

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1 Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **puff pastry** from your fridge.

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

Pop the **sweet potato** 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 and tender, 18-20 mins. Turn halfway through.

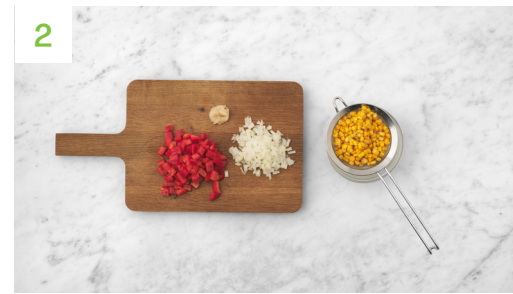


4 Buss Up Shut Roti!

While the **chicken** cooks, lightly **flour** your work surface. Unroll the **pastry** and cut it in to quarters.

Scrunch each **quarter** into a ball. Using a rolling pin, roll each ball into an even circle approximately 18-20 cm in diameter. **TIP:** To stop the roti sticking to your rolling pin, either dust with some flour or roll it out between cling film or baking paper.

Once the **chicken** is cooked and the **sauce** thickened, remove from the heat.



2 Prep Time

Meanwhile, halve, peel and chop the **onion** into small pieces.

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).

Drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and **pepper** to the pan and stir-fry until softened, 4-5 mins. Season with **salt** and **pepper**. Add the **garlic** and the **ginger puree**. Fry for 1 min.



5 Fry your Roti

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. Lower the heat or flip again if needed. Turn down the heat or flip again if needed.

Transfer to a plate and leave to cool, 1 min. Bring your hands together as if clapping with the **roti** in the middle. Slap the **roti** together (careful, it'll 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**.



3 Simmer your Soup

Add the **red split lentils**, **sweetcorn**, **coconut milk**, **vegetable stock paste**, **water for the sauce** and **sugar** (see pantry for both amounts) to the pan. Bring to boil, then lower the heat and cover with a lid. Simmer until the **lentils** are soft, 20-25 mins. Stir occasionally to make sure they aren't sticking to the bottom of the pan and add a splash of **water** if it gets too dry.

+ Add Chicken Breast

Add the **chicken**, to the pan with the **onion**. Fry for the same amount of time, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



6 Serve Up

When the **sweet potato** is cooked, stir it through the **soup**.

Stir in the **hot sauce**, then taste and season with **salt** and **pepper** if needed.

Share the **corn soup** between your bowls. Serve with the **roti** on the side.

Enjoy!