



Caribbean-Style Chicken and Confetti Rice

with Roasted Sweet Potatoes and Lime Mayo

20-min

Optional Spice



Chicken Tenders



Jerk Spice Blend



Sweet Bell Pepper



Canned Corn



BBQ Sauce



Mayonnaise



Lime



Sweet Potato



Basmati Rice



Garlic Salt



Onion, chopped

HELLO JERK SPICE

A warm blend made with allspice, cinnamon, nutmeg and thyme!

Start here

- Before starting, preheat the oven to 450°F.
- Add 1 ¼ cups water (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: 2 tsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Bust out

2 Baking sheets, measuring spoons, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Jerk Spice Blend 🌶️	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Canned Corn	½ can	1 can
BBQ Sauce	4 tbsp	8 tbsp
Mayonnaise	4 tbsp	8 tbsp
Lime	1	1
Sweet Potato	170 g	340 g
Basmati Rice	¾ cup	1 ½ cups
Garlic Salt	1 tsp	2 tsp
Onion, chopped	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

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Roast sweet potatoes

Cut **sweet potato** into ½-inch pieces. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender, 16-18 min.



Prep and cook veggies

Meanwhile, core, then cut **pepper** into ½-inch pieces. Drain and rinse **corn**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**, **peppers** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**. Remove the pan from heat and set aside.



Cook rice

Meanwhile, add **rice** and **half the garlic salt** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Make lime mayo

Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges. Add **mayo**, **lime juice** and **half the lime zest** to a small bowl. Season with **pepper**, then stir to combine.



Roast chicken

Meanwhile, pat **chicken** dry with paper towels. Add **chicken**, **remaining garlic salt**, **½ tbsp oil** (dbl for 4 ppl) and **1 tbsp Jerk Spice Blend** to another parchment-lined baking sheet. (**NOTE:** Reference heat guide.) Toss to coat, then arrange in a single layer. Roast in the **top** of the oven, 8 min. Carefully remove from the oven, then drizzle **BBQ sauce** over **chicken**. Return to the **top** of the oven and continue to roast until cooked through, 4-6 min. **



Finish and serve

Fluff **rice** with a fork. Stir in **veggies** and **remaining lime zest**. Divide **rice** between plates. Top with **sweet potatoes** and **chicken**, then drizzle with **lime mayo**. Squeeze a **lime wedge** over top, if desired.

Dinner Solved!