



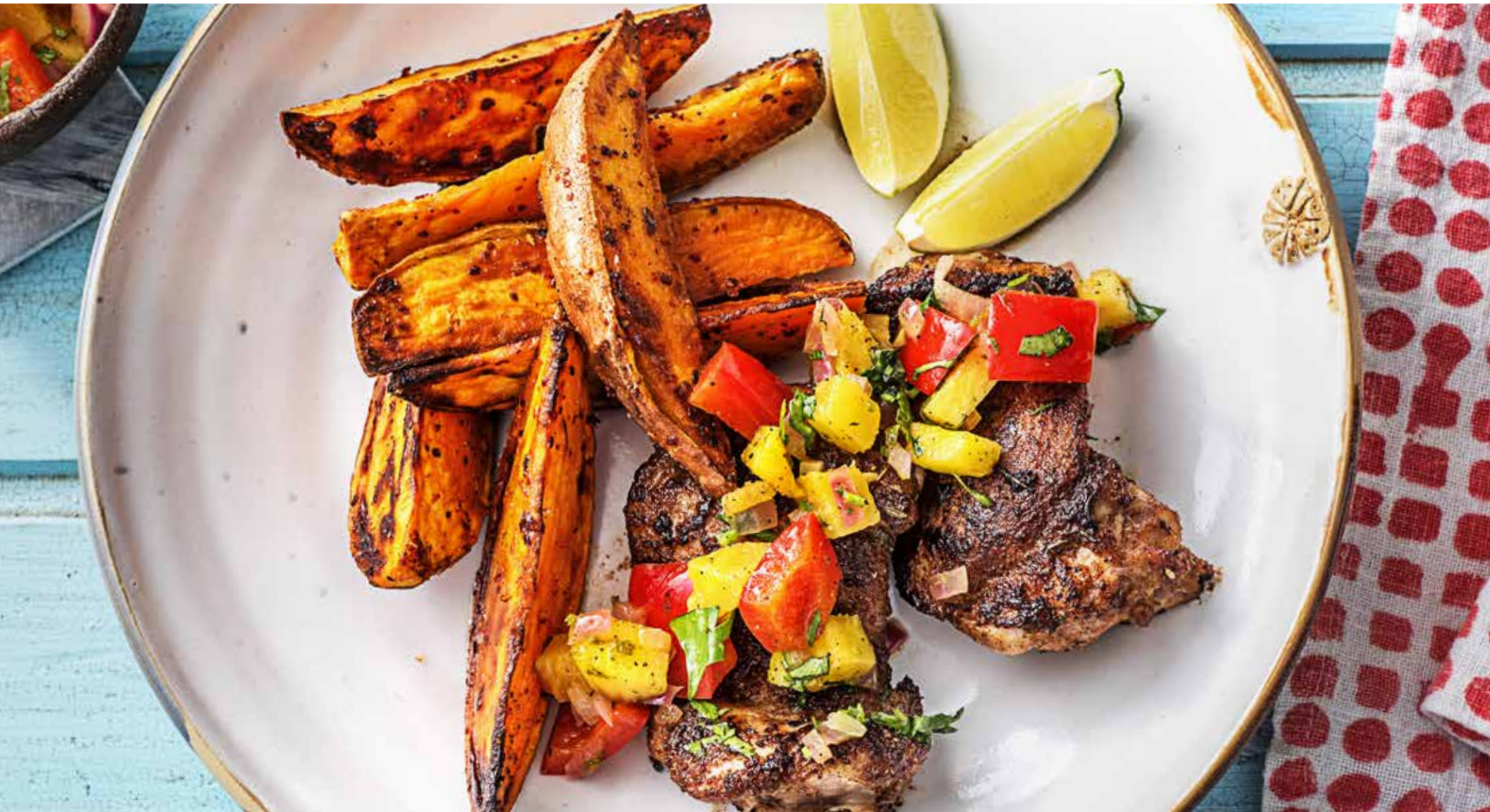
JAMAICAN JERK CHICKEN

with Pineapple Salsa and Sweet Potato Wedges

MAKE FIRST

SPICY

PRONTO



HELLO

JERK SPICE

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



Chicken Thighs



Jerk Spice Blend



Pineapple



Cilantro



Red Onion, chopped



Lime



Sweet Potato



Chili Flakes



Red Bell Pepper

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 690

BUST OUT

- Baking Sheet
- Zester
- Large Non-Stick Pan
- Sugar (½ tsp | 1 tsp)
- 2 Medium Bowls
- Salt and Pepper
- Paper Towel
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Jerk Spice Blend 1 tbsp | 2 tbsp
- Pineapple 113 g | 227 g
- Cilantro 10 g | 20 g
- Red Onion, chopped 56 g | 113 g
- Lime 1 | 2
- Sweet Potato 340 g | 680 g
- Chili Flakes ½ tsp | 1 tsp
- Red Bell Pepper 190 g | 380 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat oven to **425°F** (to roast sweet potatoes). Start prep when oven comes up to temp! In Step 1, use this heat guide to determine what spice level you prefer: **⅛ tsp** mild, **¼ tsp** medium, **½ tsp** spicy and **1 tsp** extra-spicy!



1 ROAST SWEET POTATOES Wash and dry all produce.* Cut the **sweet potato(es)** into ½-inch slices lengthwise, then cut into ¼-inch sticks lengthwise. On a baking sheet, toss the **sweet potatoes** and **½ tsp chili flakes** (dbl for 4 ppl) with **1 tbsp oil** (dbl for 4 ppl). (**NOTE:** Reference the heat guide in the Start Strong.) Season with **salt** and **pepper**. Roast in the centre of the oven, flipping **sweet potatoes** halfway through cooking, until golden-brown, 22-24 min.



4 FINISH SALSA When the **pineapple mixture** is done, remove the pan from the heat and transfer the **mixture** to another medium bowl. Stir in **cilantro**, **lime zest**, **½ tsp sugar** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside.



2 PREP Meanwhile, cut the **pineapple** into ¼-inch cubes. Core, then cut the **bell pepper(s)** into ¼-inch cubes. Roughly chop the **cilantro**. Zest, then cut the **lime(s)** into wedges.



5 COOK CHICKEN Heat the same pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Cook until the **chicken** is golden-brown and cooked through, 5-7 min per side. (**TIP:** Cook each piece to a minimum internal temp. of 74°C/165°F, as size may vary.**)



3 START SALSA Heat a large non-stick pan over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then the **pineapple**, **pepper** and **onion**. Cook, stirring occasionally, until the **pineapple** softens, 4-5 min. Meanwhile, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. In a medium bowl, stir together the **jerk spice blend** and **chicken**. Set aside.



6 FINISH AND SERVE Divide the **sweet potato wedges** and **jerk chicken** between plates. Spoon the **pineapple salsa** over the **chicken** and squeeze over a **lime wedge**, if desired.

JUICY!

Serving jerk chicken with a sweet and juicy fruit salsa tempers the spiciness of the dish.