



JERK CHICKEN THIGHS

with a Mango Bell Pepper Salad and Sweet Potato Wedges



HELLO JERK CHICKEN

Jamaica's signature dish is built on a rub of allspice, garlic, and thyme.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 590**



Sweet Potatoes



Garlic



Mango



Shallot



White Wine Vinegar



Arugula



Jerk Seasoning



Chicken Thighs



Red Bell Pepper



Lime



Honey

START STRONG

Mangoes have a flat, oblong pit in the center. When prepping the fruit, cut along the sides of this pit to create two “cheeks.”

BUST OUT

- Baking sheet
- Small bowl
- Medium bowl
- Large bowl
- Peeler
- Large pan
- Oil (5 tsp | 10 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Jerk Seasoning  1 TBSP | 2 TBSP
- Garlic 2 Cloves | 4 Cloves
- Chicken Thighs 12 oz | 24 oz
- Mango 1 | 2
- Red Bell Pepper 1 | 2
- Shallot 1 | 2
- Lime 1 | 2
- White Wine Vinegar 2 TBSP | 4 TBSP
- Honey ¼ tsp | ½ tsp
- Arugula 2 oz | 4 oz

HELLO WINE



PAIR WITH

Sebo Mendoza Torrontes, 2016

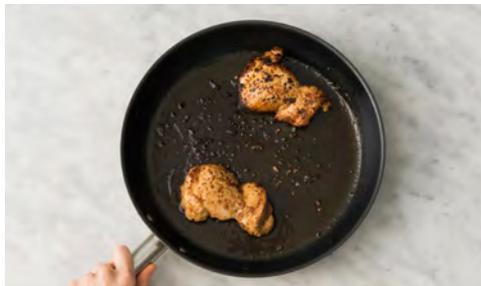
[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

 HelloFRESH



1 ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 425 degrees. Cut **sweet potatoes** into thin, ¼-inch-thick wedges. Toss on a baking sheet with a drizzle of **oil**, **1 tsp jerk seasoning** (save the rest for the next step), and a pinch of **salt** and **pepper**, then spread out in an even layer. Roast in oven until tender and lightly crisped, 20-25 minutes, flipping halfway through.



4 COOK CHICKEN

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **chicken** and cook until charred on the surface and no longer pink in center, 4-6 minutes per side.



2 MARINATE CHICKEN

Mince or grate **garlic**. Toss **chicken** with a drizzle of **oil**, remaining **jerk seasoning**, **garlic**, and a large pinch of **salt** and **pepper** in a medium bowl. Set aside to marinate.



5 MAKE VINAIGRETTE

Halve and peel **shallot**, then mince until you have 1 TBSP. Cut **lime** into wedges. Place shallot, **white wine vinegar**, a squeeze of **lime**, and ¼ **tsp honey** (we sent more) in a small bowl. Whisk in a large drizzle of **oil**. Season with **salt** and **pepper**.



3 PREP

Peel **mango**, then remove flesh from pit; discard pit. Cut into thin slices, then cut slices into skinny matchsticks. Core, seed, and thinly slice **bell pepper**.



6 TOSS SALAD AND SERVE

Add **arugula**, **mango**, **bell pepper**, and as much **vinaigrette** as you like to a large bowl and toss to coat. Season with **salt** and **pepper**. Divide **salad** between plates, then top with **sweet potatoes** and **chicken**. (**TIP:** Slice chicken as needed to create two portions.) Serve with **lime wedges** on the side.

SPICE MASTER!

You'll be devastated when this chicken is all gone—what a jerk!

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK41NJ-4