



JERK CHICKEN TOSTADAS

with Sweetcorn and Tomatoes



HELLO SWEETCORN

This type of corn is so sweet because of a mutation in it's genes which controls the conversion of sugar to starch.



Diced Chicken Thigh



Honey



Caribbean Jerk



Green Pepper



Coriander



Vine Tomato



Lime



Sweetcorn



Whole Wheat Soft Tortillas



Desiccated Coconut



Soured Cream

Create a slice of Caribbean heaven in your kitchen with our delicious Jamaican Jerk Chicken tostadas. Jerk chicken, a typical Jamaican street food, is traditionally cooked for hours over fires made from the aromatic wood of allspice trees. And it's allspice together with hot peppers, ginger and thyme that give Jerk it's distinctive flavour. Crispy tostadas are topped with zingy chicken and sweetcorn, and served with a dollop of coconut crema and a fresh zingy salad. Feel the sunshine...

30 mins

2 of your 5 a day

Little heat

MEAL BAG

10

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, some **Clingfilm**, a **Fine Grater**, **Sieve**, **Large Baking Tray**, **Large Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 MARINADE THE CHICKEN

Preheat your oven to 220°C. Pop the **diced chicken** in a mixing bowl and add a drizzle of **oil**, the **honey** and the **Jerk seasoning**. Season with a good pinch of **salt**. Stir together well to coat the **chicken** in the flavours, then cover with clingfilm and set aside in the fridge. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



2 PREP TIME

Halve the **pepper**, remove the core and seeds then chop into small pieces. Roughly chop the **coriander** (stalks and all). Roughly chop the **vine tomato** into small chunks. Zest the **lime** then chop into wedges. Drain and rinse the **sweetcorn** in a sieve. Lay out the **tortillas** on a large baking tray in a single layer and drizzle with a little **oil**. Season with **salt** then set aside.



4 FRY THE CHICKEN

Wipe out the pan and return to high heat with a drizzle of **oil**. When hot, add the **chicken**, all of its **marinade** and the **pepper**. Stir-fry until the **chicken** is browned all over, 5-6 mins. **★ TIP:** Adjust the heat if necessary! Once nicely coloured, stir through **half** the **sweetcorn**, lower the heat to medium-low and leave to cook while you cook your **tortillas**.



5 TOSTADA TIME

Meanwhile bake the **tortillas** on the top shelf of your oven until golden and just crisp, 4-5 mins. Pop the **soured cream** in another small bowl and stir through **half** the **toasted coconut** and **half** the **lime zest**. Season with **salt** and **pepper**. In a large bowl, combine the **tomato**, remaining **sweetcorn**, **half** the **coriander** and a squeeze of **lime juice**. Season with **salt** and **pepper**.



3 TOAST THE COCONUT

Put a large frying pan on high heat (no oil) and add the **desiccated coconut**. Toast, stirring, until golden. **★ TIP:** Watch the coconut like a hawk - it burns easily! Tip into a small bowl - keep the pan!



6 ASSEMBLE AND SERVE

Once your **chicken** is cooked, season to taste with **salt** and **pepper** if needed. **! IMPORTANT:** The chicken is cooked when no longer pink in the middle. Pop the **tortillas** on your plates and top with a helping of **jerk chicken**. Dollop the **coconut cream** on top and serve the **tomato salad** alongside. Finish with a scattering of the remaining **coconut** and **coriander**, squeeze over a little **lime juice**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh *	210g	350g	420g
Honey	1 sachet	1½ sachets	2 sachets
Caribbean Jerk	2 pots	3 pots	4 pots
Green Pepper *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Vine Tomato	2	3	4
Lime *	1	1½	2
Sweetcorn *	1 small tin	¾ large tin	1 large tin
Whole Wheat Soft Tortillas 13)	4	6	8
Desiccated Coconut	1 sachet	1½ sachets	2 sachets
Soured Cream 7) *	1 pouch	1½ pouches	2 pouches

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 569G	PER 100G
Energy (KJ/ kcal)	3400/813	598/143
Fat (g)	38	7
Sat. Fat (g)	19	3
Carbohydrate (g)	70	12
Sugars (g)	21	4
Protein (g)	43	8
Salt (g)	3.18	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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