

MARLEY SPOON



CF: Jerk Chicken

with Creamy Corn and Potato Salad



20-30min



2 Portions

Bring the flavours of the Caribbean to the table with this mouth-watering family-friendly jerk chicken. With mild jalapeno in place of fiery habanero chilli, you can also adjust the heat for fussy eaters by using as little or as much as you like. Paired with creamy potato salad popping with sweet corn, this is a dish everyone will love.

What we send

- 1 lemon, 200g green beans
- garlic & aioli mayonnaise³
- jerk spice mix^{1,6,17}
- chat potatoes
- corn cob
- 2 garlic cloves, thyme, 5 jalapeno chillis
- free-range chicken thigh fillet

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- large frypan
- large saucepan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If less heat is preferred, omit the chilli from the marinade, then thinly slice and serve over the potato salad for those who like it.

Allergens

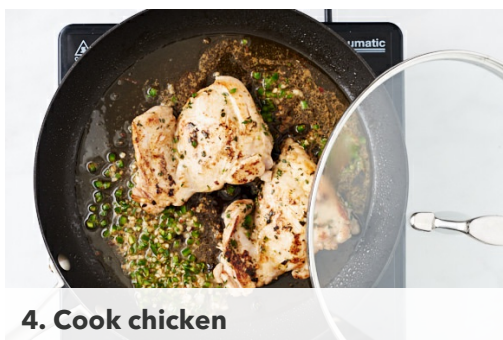
Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving



1. Marinate chicken

Pick the **thyme leaves**. Finely chop the **jalapeno**, removing the seeds if less heat is desired (see cooking tip). Crush or finely chop the **garlic**. Combine the thyme, jalapeno, garlic, **jerk spice blend, sugar, 1 tsp salt, 1½ tbs oil** and **80ml (⅓ cup) water** in a large bowl. Trim the **chicken**. Add to the bowl, turn to coat, then set aside to marinate.



4. Cook chicken

Heat **1 tbs oil** in a large non-stick frypan over medium-high heat. Remove **chicken** from marinade, reserving marinade, and cook for 2 mins each side. Reduce heat to medium-low. Add the reserved marinade, cover with a lid, and cook for 3 mins each side or until chicken is cooked through. Turn off the heat and set aside in the pan for 2 mins to finish cooking.



2. Cook potato

Cut the **unpeeled potatoes** into bite-size pieces. Put in a large saucepan of salted water and bring to the boil. Reduce heat and simmer for 12-15 mins until potatoes are tender. Drain.



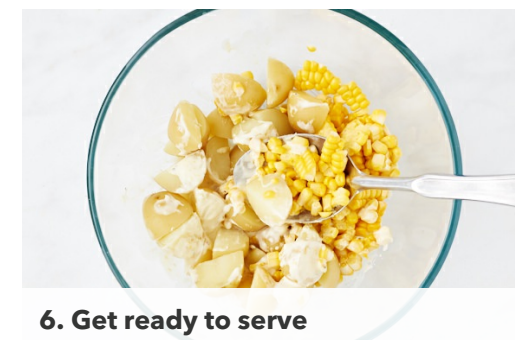
5. Cook vegetables

While the chicken is cooking, cook the **corn** and **beans** in the pan of boiling water for 2-3 mins until the beans are tender. Drain well. Lay the corn on a board and return the beans to the pan and keep warm. Using a sharp knife, slice off the corn kernels.



3. Prepare vegetables

While the potatoes are cooking, bring a large saucepan of salted water to the boil for the vegetables. Trim the ends of the **beans**. Remove the husks and silks from the **corn**. Finely grate **half the lemon zest**, then **juice** the half. Cut remaining lemon half into wedges.



6. Get ready to serve

Combine the **aioli, lemon zest, 1 tbs lemon juice** and **2 tsp oil** in a large bowl and season with **salt and pepper**. Add the **potatoes** and **corn** and toss gently to combine. Thinly slice the **chicken**, reserving the pan juices. Divide the **chicken, beans** and **potato salad** among plates. Spoon over the pan juices and serve with the **lemon wedges**.