



UCOOK

Caribbean Jerk Chicken

with creamy slaw, sweet potato fries & fresh chives

Ready for a tropical trip to the Islands? Chicken pieces are rubbed with NOMU African Rub, roasted to perfection and served with a moreish jerk sauce for dipping. A creamy cabbage & chive slaw, charred pineapple rings and sweet potato fries are the perfect sides to complete this hearty meal.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Viognier

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Ingredients & Prep

2	Free-range Chicken Pieces
10ml	NOMU African Rub
7,5ml	Low Sodium Soy Sauce
250g	Sweet Potato
15ml	Jerk Seasoning
3g	Fresh Chives
100g	Cabbage
50ml	Greek Yoghurt
200g	Fresh Pineapple Rings
50ml	Jerk Dip <i>(5ml Wholegrain Mustard, 40ml That Mayo (Original) & 5ml Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CHICKEN Preheat the oven to 200°C. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, the soy sauce, and seasoning. Roast in the oven until cooked through and crispy, 30-35 minutes (shifting halfway).

2. JERK TIME! Rinse the sweet potato and cut into 1cm thick fries. Place on a separate roasting tray. Coat in oil, the Jerk seasoning, and a pinch of salt. Roast until cooked through and crispy, 25-30 minutes (shifting halfway).

3. SLAW While the chicken and chips are roasting, rinse and finely slice the chives. Finely slice ½ the cabbage. In a bowl, combine the sliced cabbage, the yoghurt, ½ the sliced chives, and seasoning. Set aside until serving.

4. PINEAPPLE OF YOUR EYE When the roast has 5-10 minutes remaining, place a pan or grill over medium-high heat with a drizzle of oil. When hot, fry the pineapple rings until lightly charred, 1-2 minutes per side.

5. WELCOME TO PARADISE Plate up the fries. Side with the chicken, the charred pineapple, and the creamy slaw. Serve the Jerk dip on the side for dunking. Garnish with the remaining chives. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the dressed chicken skin-side up, at 190°C until cooked through, 30-35 minutes (shifting halfway). Next, repeat with the seasoned fries.

Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	6.8g
Carbs	12g
of which sugars	6.5g
Fibre	1.5g
Fat	5g
of which saturated	1.4g
Sodium	221mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days