



# UCOOK

## Hellmann's 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 dipping sauce, featuring Hellmann's mayo. A creamy cabbage & chive slaw, charred pineapple rings and sweet potato fries are the perfect sides to complete this hearty meal.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Hellmann's

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Adventurous Foodie

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Paul Cluver | Village Chardonnay

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## Ingredients & Prep

6	Free-range Chicken Pieces
30ml	NOMU Roast Rub
22,5ml	Low Sodium Soy Sauce
750g	Sweet Potato
30ml	Jerk Seasoning
8g	Fresh Chives
200g	Cabbage
150ml	Greek Yoghurt
600g	Fresh Pineapple Rings
30ml	Jerk Dip (15ml Wholegrain Mustard & 15ml Honey)
150ml	Hellmann's Mayo

## 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, 35-40 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, 30-35 minutes (shifting halfway).

**3. SLAW** While the chicken and chips are roasting, rinse and finely slice the chives, and finely slice 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 pan over medium-high heat with a drizzle of oil. When hot, fry the pineapple rings until lightly charred, 1-2 minutes per side.

**5. JERK DIP** In a bowl, combine the Jerk dip with the mayo and seasoning. Set aside.

**6. 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	566kJ
Energy	135kcal
Protein	6.5g
Carbs	10g
of which sugars	6.4g
Fibre	1.2g
Fat	7.6g
of which saturated	1.6g
Sodium	127mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
3 Days