



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Adventurous Foodie

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

8	Free-range Chicken Pieces
40ml	NOMU African Rub
30ml	Low Sodium Soy Sauce
1kg	Sweet Potato
60ml	Jerk Seasoning
10g	Fresh Chives
200g	Cabbage
200ml	Greek Yoghurt
800g	Fresh Pineapple Rings
200ml	Jerk Dip <i>(20ml Wholegrain Mustard, 160ml That Mayo (Original) &amp; 20ml 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, 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. 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 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