



Grilled Spicy Caribbean Chicken Salad

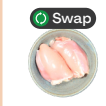
with Jerk Sweet Potatoes and Corn

Family Friendly

Grill

Spicy

30-40 Minutes



Chicken Thighs
280 g | 560 g



Chicken Breasts
4 | 8

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts
2 | 4



Sweet Potato
1 | 2



Corn on the Cob
1 | 2



Mini Cucumber
1 | 2



Spring Mix
56 g | 113 g



Green Onion
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Red Wine Vinegar
1 tbsp | 2 tbsp



Jerk Spice Blend
1 tbsp | 2 tbsp



Sriracha
2 tsp | 4 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring spoons, medium bowl, paper towels, parchment paper, vegetable peeler, whisk

1



Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt**, **pepper** and **half the Jerk Spice Blend**, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 25-28 min.

4



Make salad dressing

- Add **vinegar**, **remaining sriracha**, **remaining mayo** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

2



Prep

🔄 Swap | **Chicken Thighs**

- Meanwhile, husk **corn**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onion**.
- Pat **chicken** dry with paper towels.
- Add **chicken**, **half the sriracha**, **half the mayo** and **remaining Jerk Spice Blend** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

5



Make salad

- When **corn** is cool enough to handle, with **corn** on its side, cut **kernels** from **cob**, turning **cob** as you go.
- Add **corn**, **cucumbers** and **spring mix** to the bowl with **salad dressing**, then toss to coat.

3



Grill chicken and corn

×2 Double | **Chicken Breasts**

- Add **chicken** to one side of the grill, close lid and grill until cooked through, 5-7 min per side.**
- While **chicken** cooks, add **corn** to the other side of the grill. Close lid and grill, turning occasionally, until tender and grill marks form, 8-10 min.
- Transfer **corn** and **chicken** to a large plate.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** and **chicken** between plates.
- Top **salad** with **roasted sweet potatoes**.
- Sprinkle with **green onions**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to cook the **chicken breasts**.

3 | Grill chicken and corn

×2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.