



Product Spotlight: Sweet Corn

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!



Jerk Chicken

with Corn Salsa and Rice

Chicken thigh fillets seasoned in a flavourful Jerk spice mix from Turban Chopsticks, with notes of nutmeg and cinnamon, served on a bed of rice with warm corn salsa and lime dressing.



25 minutes



2 servings



Chicken

9 June 2023

Freshen it up!

You can keep the salsa fresh if preferred! Cook the red onion with the chicken instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	23g	55g

FROM YOUR BOX

BASMATI RICE	150g
CORN COB	1
RED CAPSICUM	1
SHALLOT	1
CHICKEN THIGH FILLETS	300g
JERK SPICE MIX	1 sachet
LIME	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sugar (of choice)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can use maple syrup or honey in the dressing instead of sugar.



1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE SALSA

Remove corn from cob, dice capsicum and shallot. Add to a frypan over medium-high heat with **oil**. Cook for 6–8 minutes until softened. Remove to a bowl and keep pan over heat.



3. COOK THE CHICKEN

Coat chicken with jerk spice mix and **salt**. Add **oil** to pan and cook chicken for 4–5 minutes each side or until cooked through.



4. MAKE THE DRESSING

Whisk together lime zest, juice from 1/2 lime (wedge remaining), **1 tsp sugar** and **2 tbsp olive oil** (see notes).



5. TOSS THE SALSA

Chop coriander. Toss with warm salsa and season with **salt and pepper**.



6. FINISH AND SERVE

Divide chicken, rice and salsa among bowls. Spoon over lime dressing (to taste) and serve with lime wedges.



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