



### 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



4 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** 34g **TOTAL FAT** 15g **CARBOHYDRATES** 40g

## FROM YOUR BOX

BASMATI RICE	300g
CORN COBS	2
RED CAPSICUM	1
RED ONION	1
CHICKEN THIGH FILLETS	600g
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 **600ml 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 cobs, dice capsicum and onion. 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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