Local Urban BITES

FAST. EASY. FRESH.

# JAMAICAN CHICKEN
## WITH ROASTED VEGGIES AND MANGO

**1.** Start by preheating your oven to 425°F. Thinly slice the **yellow potatoes** and place into a small bowl. Add 1 Tbsp. **olive oil** and 2 Tbsp. of the **Jamaican rub** and stir to combine.

**2.** Next, trim the ends off the **zucchini** and then chop into ½-inch rounds. De-seed the **sweet bell peppers** and then roughly dice and peel and cut the **red onion** into chunks. Place the **zucchini**, **pepper** and **red onion** into a large bowl and drizzle with 1 Tbsp. **olive oil** and 2 Tbsp. of the **Jamaican rub**. Stir well to combine.

**3.** Place the **chicken** into a small bowl and toss with 1 Tbsp. **oil** and the remaining **rub**. Turn the chicken over so that it's evenly coated on all sides.

**4.** Line a baking sheet with tinfoil and then spray with non-stick spray. Place the **chicken breasts** in the center of the tray and then spread the **potatoes** around the chicken in a single layer, making sure to leave room on either end (this is where the rest of your veggies will go). Transfer to the oven and bake for 10 minutes.

**5.** Once the chicken has baked for 10 minutes, remove the pan and line the remaining veggies down each end of the tray. Return the tray to the oven, and bake for a further 15 minutes, or until the chicken is no longer pink. Meanwhile, peel and dice your **mangoes**.

**6.** To serve, taste the veggies and season with **salt** and **pepper** as desired. Then, spoon the potatoes and veggies onto dishes and serve alongside the chicken. Garnish with (lots of!) diced **mango**. Enjoy!

### Ingredients (4 Person Serving – *693 Calories Per Serving*)

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|---|---|
| Jamaican Rub | 7 Tbsp. |
| Chicken Breast | 600 g |
| Yellow Potatoes | 700 g |
| Sweet Bell Peppers | 2 |
| Olive Oil | 3 Tbsp. |
| Zucchini | 1 |
| Red Onion | 1 Large |
| Mangoes | 2 |
| Salt and Pepper | To taste |

**30** Minute Cook Time!