



Caribbean Chicken & Coconut Rice

with Cucumber & Charred Pineapple Salsa

Grab your Meal Kit with this symbol



Pineapple Slices



Baby Spinach Leaves



Cucumber



Chicken Breast



Mild Caribbean Jerk Seasoning



Coconut Milk



Basmati Rice



Mint

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat Me Early

Caribbean spice is such a party for your mouth that we had to step up every element of this lively dish, from the pineapple salsa to the coconut rice. With fragrant, tangy and smokey profiles - this dish brings you all the excitement you never knew you needed for a weeknight dinner!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
coconut milk	1 tin (200ml)	1 tin (400ml)
water*	¾ cup	1½ cups
basmati rice	1 packet	1 packet
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	613kJ (147Cal)
Protein (g)	38.5g	7.7g
Fat, total (g)	31.1g	6.2g
- saturated (g)	20g	4g
Carbohydrate (g)	74.6g	14.8g
- sugars (g)	12.8g	2.5g
Sodium (mg)	1341mg	266mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Reserve 2 tbs of **pineapple juice**, then drain the **pineapple slices** (see ingredients) and roughly chop. Roughly chop the **baby spinach leaves** and **cucumber**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Make the salsa

While the rice is cooking, heat a large frying pan over a high heat. Cook the **pineapple**, tossing occasionally, until lightly charred, **2-3 minutes**. Transfer to a large bowl, then add the **baby spinach**, **cucumber**, reserved **pineapple juice** and a drizzle of **olive oil**. Season to taste, toss to coat and set aside.



Flavour the chicken

In a medium bowl, combine the **mild Caribbean jerk seasoning**, the **salt** and a drizzle of **olive oil**. Add the **chicken** and turn to coat. Set aside.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: The chicken is cooked through when it's no longer pink inside.

TIP: Don't worry if the spice blend chars a little in the pan – this adds to the flavour!



Cook the coconut rice

In a medium saucepan, add the **coconut milk**, the **water** and a pinch of **salt** and bring to the boil. Add the **basmati rice**, stir, then cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Serve up

Pick and thinly slice the **mint** leaves. Slice the Caribbean chicken. Divide the coconut rice between bowls. Top with the chicken and cucumber-charred pineapple salsa. Garnish with the mint to serve.

Enjoy!