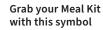


# Quick Coconut Caribbean Chicken with Rapid Rice, Rainbow Slaw & Peanuts











Stock Powder



Chicken Breast



Strips



Jerk Seasoning



Garlic Paste





**Baby Spinach** 



Slaw Mix

Leaves



Crushed Peanuts



Coriander

**Pantry items** Olive Oil, Butter, White Wine Vinegar



Hands-on: 15-25 mins Ready in: 25-35 mins



## 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 · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 packet	1 packet	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
butter*	20g	40g	
chicken breast strips	1 packet	1 packet	
mild Caribbean jerk seasoning	1 sachet	1 sachet	
garlic paste	1 packet	1 packet	
coconut milk	1 tin (200ml)	1 tin (400ml)	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
slaw mix	1 bag (150g)	1 bag (300g)	
white wine vinegar*	drizzle	drizzle	
crushed peanuts	1 packet	2 packets	
coriander	1 bag	1 bag	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3586kJ (857Cal)	747kJ (179Cal)
Protein (g)	43.3g	9g
Fat, total (g)	44.3g	9.2g
- saturated (g)	25.8g	5.4g
Carbohydrate (g)	76.5g	15.9g
- sugars (g)	8.6g	1.8g
Sodium (mg)	1844mg	384mg

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.



## Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add basmati rice and a pinch of salt. Cook, uncovered, over a high heat until tender, 12 minutes.
- Drain and return to saucepan. Add **chicken-style stock powder** and **butter** and stir to combine. Cover to keep warm.



#### Make the coconut sauce

- Return frying pan to a medium-high heat with a drizzle of olive oil.
- Cook garlic paste until fragrant, 1 minute.
- Add coconut milk and remaining jerk seasoning and simmer until slightly thickened, 2 minutes.
- Return **chicken** to the pan, stir to combine and season to taste



#### Cook the chicken

- Meanwhile, heat a large frying pan over a medium-high heat with a drizzle
  of olive oil.
- Cook chicken breast strips and 1/2 the mild Caribbean jerk seasoning until browned and cooked through, 3-4 minutes each side. Transfer to a bowl.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



## Serve up

- · Roughly chop baby spinach leaves.
- In a medium bowl, combine baby spinach, slaw mix, white wine vinegar and a drizzle of olive oil.
- Divide rapid rice, coconut Caribbean chicken and rainbow slaw between bowls.
- Top with crushed peanuts and serve with torn coriander.

## Enjoy!