



Quick Coconut Caribbean Chicken

with Rapid Rice, Rainbow Slaw & Peanuts

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Chicken Breast Strips



Mild Caribbean Jerk Seasoning



Garlic Paste



Coconut Milk



Baby Spinach Leaves



Slaw Mix



Crushed Peanuts



Coriander

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

Eat Me Early

Caribbean spice is such a party for your mouth, we had to step up every element of this lively dish. From rainbow slaw to crunchy peanuts, each colourful bite is a delight.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

	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

*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!