



Easy Caribbean Pulled Chicken & Coconut Sauce

with Charred Pineapple Salsa & Carrot Slaw

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Carrot



Pineapple Slices



Lemon



Herbs



Mild Caribbean Jerk Seasoning



Light Coconut Milk



Crushed Peanuts



Pulled Chicken



Shredded Cabbage Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 20-30 mins



Carb Smart Dietician Approved

Eat the tropical rainbow tonight with this vibrant collection of veggies and pulled chicken cooked in our mild Caribbean jerk seasoning. We're keeping those beach vibes going by adding sweet and juicy charred pineapple slices and a hint of nutty peanuts.

Pantry items

Olive Oil, Brown Sugar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby spinach leaves	1 small bag	1 medium bag
herbs	1 bag	2 bags
lemon	½	1
carrot	1	2
pineapple slices	½ tin	1 tin
mild Caribbean jerk seasoning	1 sachet	1 sachet
pulled chicken	1 packet	1 packet
light coconut milk	½ box (100ml)	1 box (200ml)
brown sugar*	pinch	pinch
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1978kJ (473Cal)	393kJ (94Cal)
Protein (g)	30.8g	6.1g
Fat, total (g)	22.8g	4.5g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	32.7g	6.5g
- sugars (g)	22.5g	4.5g
Sodium (mg)	995mg	198mg
Dietary Fibre (g)	9.6g	1.9g

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

- Finely chop **garlic**. Roughly chop **baby spinach leaves** and **herbs**. Slice **lemon** into wedges. Grate the **carrot**.
- Reserve some **pineapple juice**, then drain **pineapple slices** (see ingredients).



Make the sauce & slaw

- Reduce heat to medium, then add **light coconut milk** (see ingredients) and the **brown sugar**, then simmer, until thickened slightly, **2-3 minutes**. Season to taste.
- In a large bowl, combine **shredded cabbage mix**, **carrot**, **baby spinach**, a splash of **pineapple juice** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- In a medium bowl, combine **pineapple**, **herbs**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Cook the chicken

- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Remove from pan, then roughly chop **pineapple**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mild Caribbean jerk seasoning** and **garlic** until fragrant, **1 minute**.
- Add **pulled chicken** and cook, breaking up with a spoon, until browned, **2-3 minutes**.

TIP: Add a splash of water if the chicken mixture looks dry.



Serve up

- Divide carrot slaw between plates. Top with Caribbean pulled chicken and pineapple salsa. Spoon over any remaining creamy coconut sauce.
- Garnish with **crushed peanuts**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW26



Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.co.nz/rate