



Coconut Milk



Basmati Rice



Cucumber



Tomato



Mint



Long Red Chilli (Optional)



Chicken Breast



Mild Caribbean Jerk Seasoning



Sweetcorn

### For your lunch



Classic Wraps



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise

#### DINNER

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

#### LUNCH

Ready in: 10 mins



Eat me early



Spicy (optional long red chilli)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, Caribbean chicken stars as the key player in a quick coconut rice and salsa bowl, then in super-tasty wraps. Extra delicious!

#### Pantry items

Olive Oil, 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 with lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	1 cup	1¼ cup
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
cucumber	1	2
tomato	2	3
mint	1 bunch	1 bunch
long red chilli (optional)	½	1
chicken breast	1 large packet	1 large & 1 small packet
mild Caribbean jerk seasoning	2 sachets	2½ sachets
sweetcorn	1 tin (125g)	1 tin (300g)
white wine vinegar*	1 tsp	2 tsp
classic wraps	4	4
mixed salad leaves	1 bag (60g)	1 bag (60g)
coconut sweet chilli mayonnaise	2 packets (100g)	2 packets (100g)

\*Pantry Items

## Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	3080kJ (737Cal)	556kJ (133Cal)
Protein (g)	47.4g	8.5g
Fat, total (g)	25.6g	4.6g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	71.4g	12.9g
- sugars (g)	7.8g	1.4g
Sodium (g)	1210mg	219mg
Lunch	Per Serving	Per 100g
Energy (kJ)	3590kJ (857Cal)	819kJ (196Cal)
Protein (g)	47.0g	10.7g
Fat, total (g)	49.8g	11.4g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	54.8g	12.5g
- sugars (g)	7.3g	1.7g
Sodium (mg)	1320mg	302mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2020 | CW49

1



Dinner

## Cook the coconut rice

In a medium saucepan, combine the **coconut milk**, the **water** and the **salt** and bring to the boil. Add the **basmati rice**, stir, 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!

2



## Get prepped

While the rice is cooking, finely chop the **cucumber**. Finely chop 1/2 the **tomato**. Pick and thinly slice the **mint** leaves (save some whole leaves for lunch!). Finely chop the **long red chilli** (if using). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **mild Caribbean jerk seasoning** (see ingredients) and a good drizzle of **olive oil**. Add the **chicken** and toss to coat.

3



## Char the corn

Heat a large frying pan over a high heat. Drain the **sweetcorn**. Add the **sweetcorn** to the pan and cook, tossing, until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

4



## Cook the chicken

Return the frying pan to a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). While the chicken is cooking, add the **cucumber**, chopped **tomato**, **mint**, **chilli** and **white wine vinegar** to the **corn**. Season with **salt** and **pepper**. Stir to combine.

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

5



## Serve up dinner

Slice the **chicken**, and reserve two portions for lunch (about 1 cup). Divide the **coconut rice** between bowls, top with the **remaining Caribbean chicken** and spoon over the **corn** salsa.

6



Lunch

## Serve up

When you're ready to pack your lunch, thinly slice the remaining **tomato** into half-moons. Divide the **chicken** between two microwavable containers. Divide the **classic wraps**, **tomato**, **mixed salad leaves**, the reserved **mint** and the **coconut sweet chilli mayonnaise** between two lunch packages. Refrigerate. At lunch, microwave the chicken in **30 second bursts** until heated through. Spread the **coconut sweet chilli mayonnaise** over the **wraps** and top with the **tomato**, **mixed salad**, **mint** and **chicken**. Roll up and enjoy!

## Enjoy!