

Caribbean Chicken & Veggie Couscous

with Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Capsicum



Sweetcorn



Baby Spinach Leaves



Mild Caribbean Jerk Seasoning



Chicken-Style Stock Powder



Couscous



Long Chilli (Optional)



Coconut Sweet Chilli Mayonnaise





Chicken Thigh



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-45 mins

 Eat Me Early

 Calorie Smart

Juicy chicken thighs mingle with mild Caribbean spices in this vibrant, veggie-loaded dish. Bring it all together with a drizzle of coconut sweet chilli mayo, sure to be your new favourite condiment.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	2 tsp	1 tbs
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
water* (for the couscous)	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
long chilli (optional) 🌶️	½	1
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2641kJ (631Cal)	610kJ (146Cal)
Protein (g)	42.8g	9.9g
Fat, total (g)	29.1g	6.7g
- saturated (g)	4.2g	1g
Carbohydrate (g)	48.7g	11.2g
- sugars (g)	9.9g	2.3g
Sodium (mg)	1467mg	339mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2643kJ (632Cal)	603kJ (144Cal)
Protein (g)	44.1g	10.1g
Fat, total (g)	28.6g	6.5g
- saturated (g)	4g	0.9g
Carbohydrate (g)	48.6g	11.1g
- sugars (g)	9.8g	2.2g
Sodium (mg)	1470mg	336mg

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns

2022 | CW28



Get prepped

- Slice **capsicum** into thin strips.
- Drain the **sweetcorn**.
- Roughly chop **baby spinach leaves**.
- In a small bowl, combine **coconut sweet chilli mayonnaise** and the **water (for the mayo)**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes** (cook in batches if your pan is getting crowded).

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

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

Custom Recipe: Prepare pan as above. Cook chicken steaks until browned and cooked through, 3-5 minutes each side.



Flavour the chicken

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken steaks the same way as above.



Cook the couscous

- Meanwhile, combine the **water (for the couscous)** and **chicken-style stock powder** in a medium saucepan. Bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, stirring to combine. Cover with a lid, then remove from heat.
- Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Stir through **baby spinach, corn** and **capsicum**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Stir-fry the **capsicum** until slightly softened, **2-3 minutes**.
- Add **sweetcorn** and cook until lightly charred, **4-5 minutes**.
- Transfer **veggies** to a bowl. Cover to keep warm.

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



Serve up

- Thinly slice **long chilli** (if using).
- Slice Caribbean chicken.
- Divide couscous between plates. Top with chicken.
- Drizzle with the coconut sweet chilli mayo. Sprinkle with chilli to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate