



# Caribbean Chicken & Coconut Rice

with Cucumber Salsa & Charred Pineapple

Grab your Meal Kit with this symbol



Pineapple Slices



Sweetcorn



Long Red Chilli (Optional)



Tomato



Cucumber



Mint



Chicken Thigh



Mild Caribbean Jerk Seasoning



Coconut Milk



Basmati Rice

Hands-on: 25 mins  
 Ready in: 40 mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Spicy (optional long red chilli)

Caribbean spice is such a party for your mouth that we had to step up every element of this lively dish, from the pineapple and salsa to the coconut rice. If the kids like things mild, just leave out the chilli - the salsa is already packed with flavour!

## Pantry items

Olive Oil

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
pineapple slices	1 tin
sweetcorn	1 tin (300g)
long red chilli (optional)	1
tomato	2
cucumber	1
mint	1 bunch
chicken thigh	1 packet
mild Caribbean jerk seasoning	2 sachets
salt* (for the chicken)	½ tsp
coconut milk	1 tin (400ml)
water*	1¼ cups
salt* (for the rice)	½ tsp
basmati rice	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3240kJ (774Cal)	536kJ (128Cal)
Protein (g)	42.6g	7.1g
Fat, total (g)	27.9g	4.6g
- saturated (g)	15.0g	2.5g
Carbohydrate (g)	79.3g	13.1g
- sugars (g)	14.9g	2.5g
Sodium (g)	1250mg	207mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



### 1. Get prepped

Reserve **2 tbs** of **pineapple juice**, then drain and roughly chop the **pineapple slices**. Drain the **sweetcorn**. Deseed and finely chop the **long red chilli** (if using). Finely chop the **tomato**. Finely chop the **cucumber**. Pick and thinly slice the **mint leaves** (reserve a few leaves for garnish).

**TIP:** *The seeds and white ribs inside the chilli contain most of the heat! Scrape them out if you prefer a mild meal or leave them in for extra kick.*



### 4. Make the salsa

While the rice is cooking, heat a large frying pan over a high heat. Add the **pineapple** and cook until lightly blackened, **2-3 minutes**. Transfer to a plate. Return the frying pan to a high heat. Add the **sweetcorn** and cook until charred, **4-5 minutes**. Transfer to a medium bowl and add the **chilli** (if using), **tomato**, **cucumber**, **mint**, **reserved pineapple juice** and **2 tsp olive oil**. Season to taste with **salt** and **pepper**, mix well and set aside.



### 2. Flavour the chicken

In a medium bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning**, **salt (for the chicken)** and a **drizzle of olive oil**. Toss to coat. Set aside.



### 5. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, turning occasionally, until golden and cooked through, **10-14 minutes**.

**TIP:** *Don't worry if the spice blend chars a little in the pan, this adds to the flavour!*



### 3. Cook the coconut rice

In a medium saucepan, add the **coconut milk**, **water** and **salt (for the rice)** 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!*



### 6. Serve up

Slice the chicken. Divide the coconut rice and Caribbean chicken between plates. Serve with the cucumber salsa and charred pineapple.

### Enjoy!