



ONE-POT JAMAICAN CHICKEN & COCONUT-BEAN RICE

with Greens



Use one pot to create the perfect dish with little washing up



Garlic



Zucchini



Green Capsicum



Spring Onion



Thyme



Red Kidney Beans



Free-Range Chicken Thigh



Mild Caribbean Jerk Spice Blend



Jasmine Rice



Coconut Milk



Baby Spinach Leaves



Long Red Chilli (Optional)



Coriander

Hands-on: **10 mins**
Ready in: **40 mins**

Spicy (optional long red chilli)

Caribbean jerk spice blend has taken a while to reach our shores here in Australia – but we can confidently say it’s here to stay! Between these bold flavours enlivening your chicken and coconut rice providing a cooling, creamy base for this culinary trip to the Caribbean Islands. Enjoy with or without chilli, depending on how much you like the heat!

Pantry Staples: Olive Oil, Water, Salt

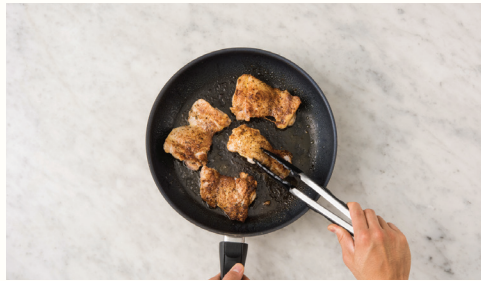
BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, sieve, large frying pan with a lid, medium bowl, tongs, plate** and a **wooden spoon**.



1 GET PREPPED

Peel and crush the **garlic**. Finely slice the **spring onion**. Pick the **thyme** leaves. **TIP:** Do this easily by holding the top of the stalk and running your fingers down to the bottom to release the leaves. Drain and rinse the **red kidney beans**. Slice the **zucchini** into 0.5 cm half-moons. Thinly slice the **green capsicum**.



2 BROWN THE CHICKEN

In a medium bowl, combine the **free-range chicken thigh, mild Caribbean jerk spice blend, 1/2 tsp of salt, a good pinch of pepper** and a **drizzle of olive oil**. Toss to coat the chicken in the seasoning. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the chicken thigh and cook for **2 minutes** on each side, or until browned. Remove from the pan and set aside on a plate. **TIP:** The chicken will continue cooking in step 3.



3 COOK THE COCONUT-BEAN RICE

Return the frying pan to a medium heat and add another **drizzle of olive oil**. Add the **garlic, spring onion** and **thyme** and cook for **1 minute**, or until fragrant. Add the **Jasmine rice** and **red kidney beans** and stir to coat in the oil. Add the **coconut milk, water (check ingredients list for the amount)** and **1/2 tsp of salt** and stir together. Nestle the browned **chicken thighs** into the rice and bring to a boil. Cover with a lid, reduce the heat to low and simmer for **10 minutes**.



4 ADD THE VEGGIES

Add the **zucchini, green capsicum** and **baby spinach leaves** to the pan with the chicken and rice and stir through. Re-cover the pan with a lid and cook for a further **6-8 minutes**, or until the rice is soft and the veggies are tender. **TIP:** Not all the liquid will absorb into the rice. You'll know the rice is cooked once it has lost its firmness but still retains its shape.



5 PREP THE CHILLI & CORIANDER

While the rice is cooking, slice the **long red chilli (if using)** and pick the **coriander** leaves.



6 SERVE UP

Divide the one-pot Jamaican chicken and coconut-bean rice between plates. Sprinkle the coriander and long red chilli (if using) over the adults portions. **TIP:** Some like it hot but if you don't, just hold back on the chilli.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
spring onion	1 bunch
thyme	1 bunch
red kidney beans	1 tin (400 g)
zucchini	1
green capsicum	1
free-range chicken thigh	1 packet
mild Caribbean jerk spice blend	1 sachet (1 tbs)
salt*	1 tsp
Jasmine rice	1 packet (3/4 cup)
coconut milk	1/2 tin (200 ml)
water*	3/4 cup
baby spinach leaves	1 bag
long red chilli (optional)	1
coriander	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2330kJ (558Cal)	438kJ (105Cal)
Protein (g)	43.0g	8.1g
Fat, total (g)	22.3g	4.2g
- saturated (g)	10.0g	1.9g
Carbohydrate (g)	40.0g	7.5g
- sugars (g)	4.0g	0.7g
Sodium (g)	656mg	123mg

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

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2017 | WK49 | F

