



Jamaican Jerk Chicken

with Caramelised Pineapple-Coriander Salsa & Green Rice



Add caramelised pineapple to salsa



Pineapple Slices



Red Onion



Long Red Chilli (Optional)



Coriander



Baby Spinach Leaves



Mild Caribbean Jerk Spice Blend



Free-Range Chicken Thigh



Basmati Rice



Garlic

Pantry Staples: Olive Oil, Water, Salt

Hands-on: **25 mins**
Ready in: **40 mins**

1 Eat me early

A Spicy (optional long red chilli)

Mild Caribbean Jerk spice is such a party for your mouth, we had to step up every element of this lively dish. From caramelised pineapple-coriander salsa to green rice, each colourful bite is a delight.

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, two medium bowls, medium saucepan with a lid, wooden spoon, medium frying pan** and a **spatula**.



1 GET PREPPED

Finely chop the **red onion (use suggested amount)**. Roughly chop the **baby spinach leaves**. Peel and crush the **garlic**. Drain the **pineapple slices** and reserve the pineapple juice. Deseed and finely chop the **long red chilli (if using)**. **TIP:** Remove the seeds and white pith when deseeding the chilli. If you like heat, leave it in for an extra kick. Finely chop the **coriander leaves** (reserve a few leaves for garnish).



2 FLAVOUR THE CHICKEN

In a medium bowl, add the **free-range chicken thigh** and the **mild Caribbean jerk spice blend**. Add **1/2 of the salt (use suggested amount)** and a **drizzle of olive oil** and toss to coat the chicken. Set aside.



3 COOK THE GREEN RICE

Heat a **drizzle of olive oil** in a medium saucepan over a medium-high heat. Add **3/4 of the red onion** and the **garlic** and cook for **4 minutes**, or until soft. **TIP:** Cook all the onion and leave it out of the salsa if you prefer. Add the **basmati rice** and stir to coat. Add the **water (for the rice)** and **1/2 of the salt (use suggested amount)**. Bring to the boil over a high heat, then cover with a lid and reduce the heat to low. Simmer for **15 minutes**, or until the rice is soft and the liquid has been absorbed. Stir through the **baby spinach leaves**.



4 MAKE THE SALSA

While the rice is cooking, heat a medium frying pan over a medium-high heat. Add the **pineapple slices** and cook for **2-3 minutes** on each side, or until lightly blackened. Remove from the pan and roughly chop. Transfer to a medium bowl and add any **remaining red onion**, the **long red chilli (if using)**, **coriander** and a **dash of pineapple juice**. **TIP:** Some like it hot but if you don't, just hold back on the chilli. Season to taste with a **pinch of salt** and **pepper**, mix together and set aside.



5 COOK THE JERK CHICKEN

Return the same frying pan to a medium-high heat and add another **drizzle of olive oil**. Add the **jerk chicken** and cook for **4-5 minutes**, or until golden and cooked through. **TIP:** Don't worry if the jerk spice blend burns a little in the pan, this adds to the traditional jerk flavour!



6 SERVE UP

Divide the jerk chicken strips, green rice and caramelised pineapple-coriander salsa between plates. Garnish with the reserved coriander leaves.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
baby spinach leaves	1 bag	1 bag
garlic	2 cloves	4 cloves
pineapple slices	1 tin (225 g)	2 tins (450 g)
long red chilli (optional)	½	1
coriander	1 bunch	1 bunch
free-range chicken thigh	1 packet	1 packet
mild Caribbean jerk spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
salt*	½ tsp	1 tsp
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water* (for the rice)	3 cups	6 cups

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2550kJ (609Cal)	312kJ (75Cal)
Protein (g)	46.0g	5.6g
Fat, total (g)	10.8g	1.3g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	77.2g	9.5g
- sugars (g)	12.7g	1.6g
Sodium (g)	836mg	102mg

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