



Jerk Chicken & Caribbean Couscous

with Charred Corn & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Capsicum



Sweetcorn



Lime



Mint



Baby Spinach Leaves



Long Red Chilli (Optional)



Coconut Sweet Chilli Mayonnaise



Chicken Thigh



Mild Caribbean Jerk Seasoning



Chicken Stock



Couscous

Hands-on: **25-35** mins
Ready in: **30-40** mins

Spicy (optional long red chilli)

Eat me early

Low Calorie

This feisty bowl is packed full of goodness, with tender chicken coated in mild Caribbean spices, colourful sweetcorn and capsicum, and zesty lime. Finish it off with a dollop of creamy coconut sweet chilli mayo for a fun kick!

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)
lime	½	1
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
long red chilli (optional)	½	1
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	2 tsp	1 tbs
chicken thigh	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
water* (for the couscous)	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (546Cal)	558kJ (133Cal)
Protein (g)	42.2g	10.3g
Fat, total (g)	18.6g	4.6g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	49.9g	12.2g
- sugars (g)	9.1g	2.2g
Sodium (g)	1010mg	246mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Thinly slice the **capsicum** into strips. Drain the **sweetcorn**. Zest the **lime** (see ingredients list) to get a **pinch**, then slice into wedges. Pick and thinly slice the **mint** leaves. Roughly chop the **baby spinach leaves**. Thinly slice the **long red chilli** (see ingredients list), if using. In a small bowl, combine the **coconut sweet chilli mayonnaise** and **water** (for the mayo). Set aside.



2. Flavour the chicken

In a medium bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning** and a **drizzle of olive oil**.



3. Cook the veggies

Heat a large frying pan over a high heat. Add the **capsicum** and cook, stirring occasionally, until slightly softened, **2-3 minutes**. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a second medium bowl.

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



4. Cook the chicken

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

TIP: The spice blend will char in the pan, don't worry, this adds to the flavour!



5. Make the couscous

While the chicken is cooking, in a medium saucepan, add the **water** (for the couscous) and the crumbled **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through the **lime zest**, a **squeeze of lime juice**, **mint**, **baby spinach**, **corn** and **capsicum**.



6. Serve up

Thickly slice the chicken. Divide the Caribbean couscous between bowls and top with the jerk chicken. Drizzle over the **coconut sweet chilli mayonnaise** and garnish with the red chilli (if using). Serve with any remaining lime wedges.

TIP: For the low-calorie option, serve with 1/2 the coconut sweet chilli mayo.

Enjoy!