



ONE-PAN JERK CHICKEN

with Pineapple & Coconut Rice



Add flavour to chicken with jerk seasoning



Garlic



Capsicum



Corn



Pineapple Slices



Chicken Thigh



Mild Caribbean Jerk Seasoning



Basmati Rice



Coconut Milk



Chicken Stock



Baby Spinach Leaves



Mint



Hands-on: **15 mins**
Ready in: **45 mins**



Eat me early



Naturally gluten-free
Not suitable for Coeliacs

Ready for some kitchen magic? This flavourful meal, with succulent spiced chicken, basmati rice and a creamy coconut sauce, comes together in just one frying pan. No wand required!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** with a **lid** (or **foil**)



1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Roughly chop the **capsicum**. Slice the **corn** kernels from the cob. Drain the **pineapple slices** and roughly chop.



2 BROWN THE CHICKEN

In a bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning**, a **good pinch** of **pepper** and a **drizzle** of **olive oil**. Toss to coat. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. Transfer to a plate.

💡 **TIP:** The chicken will continue cooking in step 4.



3 START THE RICE

Return the frying pan to a medium-high heat with another **drizzle** of **olive oil** if needed. Add the **garlic** and **pineapple** and cook until fragrant, **1 minute**. Add the **basmati rice** and stir to coat. Add the **capsicum** and **corn** kernels and stir to combine.



4 ADD THE CHICKEN

Add the **coconut milk** and **water** to the pan. Crumble in **1 chicken stock** cube and stir to combine. Nestle in the **chicken thighs** and pour in any **chicken resting juices**, then bring to the boil. Cover with a lid, reduce the heat to medium-low and simmer for **16-18 minutes**.

💡 **TIP:** Cover the pan with foil if you don't have a lid.



5 FINISH THE RICE

Remove the pan from the heat (keep the lid or foil on) and leave to steam until tender, **10-12 minutes**. Remove the lid or foil, add the **baby spinach leaves** and stir through until just wilted. 💡 **TIP:** The rice won't absorb all of the liquid, but you'll know it's cooked when it has lost its firmness yet retains its shape. While the rice is steaming, pick the **mint** leaves and thinly slice.



6 SERVE UP

Remove the chicken from the pan and slice. Give the rice a stir and season to taste with salt and pepper. Divide the pineapple and coconut rice between bowls. Top with the jerk chicken and garnish the adults' portions with the mint.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
capsicum	1
corn	1 cob
pineapple slices	1 tin
chicken thigh	1 packet
mild Caribbean jerk seasoning	2 sachets
basmati rice	2 packets
coconut milk	1 tin (400ml)
water*	1½ cups
chicken stock	1 cube
baby spinach leaves	1 bag (60g)
mint	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2880kJ (688Cal)	652kJ (156Cal)
Protein (g)	32.7g	7.4g
Fat, total (g)	24.5g	5.6g
- saturated (g)	14.1g	3.2g
Carbohydrate (g)	76.1g	17.2g
- sugars (g)	11.3g	2.6g
Sodium (g)	817mg	185mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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