

ONE-PAN JERK CHICKEN

with Pineapple & Coconut Rice



sauce, comes together in just one frying pan. No wand required!

Ready for some kitchen magic? This flavourful meal, with succulent spiced chicken, basmati rice and a creamy coconut



Add flavour to chicken with jerk seasoning











Pineapple Slices



Chicken Thigh



Mild Caribbean Jerk Seasoning



Basmati Rice



Coconut Milk



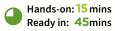
Chicken Stock



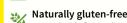
Baby Spinach



Pantry Staples: Olive Oil







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)



T GET PREPPEDFinely 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.



START THE RICE
Return the frying pan to a mediumhigh 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.



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.



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.



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!

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
at, 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**

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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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