



Creamy Coconut Caribbean Chicken

with Rapid Rice, Rainbow Slaw & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Apple



Chicken Breast



Garlic Paste



Mild Caribbean Jerk Seasoning



Coconut Milk



Slaw Mix



Crushed Peanuts



Parsley



Diced Chicken

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Caribbean spice is such a party for your mouth, we had to step up every element of this lively dish. From rainbow slaw to crunchy peanuts, each colourful bite is a delight!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
apple	1	2
chicken breast	1 packet	1 packet
garlic paste	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
coconut milk	1 medium packet	2 medium packets
slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 packet	2 packets
parsley	1 bag	1 bag
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2728kJ (652Cal)	563kJ (135Cal)
Protein (g)	44.9g	9.3g
Fat, total (g)	31.6g	6.5g
- saturated (g)	17.7g	3.7g
Carbohydrate (g)	78.7g	16.2g
- sugars (g)	11.5g	2.4g
Sodium (mg)	1155mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	553kJ (132Cal)
Protein (g)	45.9g	9.7g
Fat, total (g)	28.3g	6g
- saturated (g)	16.8g	3.5g
Carbohydrate (g)	78.7g	16.6g
- sugars (g)	11.5g	2.4g
Sodium (mg)	1118mg	235mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW30



1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and return to the saucepan. Cover to keep warm.

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Make the coconut sauce

- Add **garlic paste** and **mild Caribbean jerk seasoning** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk** and a splash of **water** and simmer until slightly thickened, **2-3 minutes**.

2



Cook the chicken

- Thinly slice **apple**. Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've swapped to diced chicken, no need to cut the chicken! Cook in the same way as above.

4



Serve up

- In a medium bowl, combine apple, **slaw mix** and a drizzle of **vinegar** and olive oil.
- Divide rapid rice, creamy coconut Caribbean chicken and rainbow slaw between bowls.
- Top with **crushed peanuts** and tear over **parsley** to serve. Enjoy!

Little cooks: Help tear over the parsley.

Rate your recipe

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