



# Caribbean Chicken Strips & Coconut Sauce

with Charred Pineapple Slaw & Crushed Peanuts

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Carrot



Pineapple Slices



Chicken Breast Strips



Mild Caribbean Jerk Seasoning



Coconut Milk



Shredded Cabbage Mix



Crushed Peanuts



Coriander



Chicken Breast Strips

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

Carb Smart

Eat Me Early

Eat the tropical rainbow tonight with this vibrant collection of veggies and chicken strips cooked in our mild Caribbean jerk seasoning. We're keeping those beach vibes going by adding a charred pineapple slaw, coconut sauce and a hint of nutty peanuts.

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

### Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
pineapple slices	½ tin	1 tin
chicken breast strips	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
coconut milk	½ small packet	1 small packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)
crushed peanuts	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1646kJ (393Cal)	366kJ (87Cal)
Protein (g)	40.4g	9g
Fat, total (g)	20.5g	4.6g
- saturated (g)	9.6g	2.1g
Carbohydrate (g)	22.7g	5g
- sugars (g)	16.1g	3.6g
Sodium (mg)	885mg	197mg
Dietary Fibre (g)	7.3g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2393kJ (572Cal)	392kJ (94Cal)
Protein (g)	72.8g	11.9g
Fat, total (g)	25.8g	4.2g
- saturated (g)	11.2g	1.8g
Carbohydrate (g)	22.7g	3.7g
- sugars (g)	16.1g	2.6g
Sodium (mg)	967mg	158mg
Dietary fibre (g)	7.3g	1.2g

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](https://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



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## Get prepped

- Roughly chop **baby spinach leaves**. Grate the **carrot**.
- Reserve some **pineapple juice**, then drain **pineapple slices (see ingredients)**.



## Make the sauce

- Reduce heat to medium, then add **coconut milk (see ingredients)**, the **brown sugar** and a drizzle of **white wine vinegar**, then simmer, until slightly thickened, **3-4 minutes**. Season to taste.
- In a large bowl, combine **shredded cabbage mix**, **carrot**, **baby spinach**, **pineapple**, a splash of reserved **pineapple juice** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Cook the chicken

- Heat a large frying pan over high heat. Cook **pineapple** until lightly charred, **2-3 minutes** each side. Remove from pan, then roughly chop **pineapple**.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken breast strips**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **mild Caribbean jerk seasoning** and cook until fragrant, **1 minute**.

**Custom Recipe:** If you've doubled your chicken breast strips, cook chicken in batches for the results.



## Serve up

- Divide charred pineapple slaw between plates. Top with Caribbean chicken strips and creamy coconut sauce.
- Garnish with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)