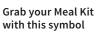


Caribbean Chicken Strips & Coconut Sauce with Charred Pineapple Slaw & Crushed Peanuts

EXPLORER

DIETITIAN APPROVED















Pineapple Slices Chicken Breast



Mild Caribbean Jerk Seasoning



Coconut Milk



Shredded Cabbage



Crushed Peanuts



Coriander





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

Eat Me Early



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
olive oil*	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
brown sugar*	1 tsp	2 tsp
white wine vinegar*	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	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 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





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!



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