



# Creamy Coconut Caribbean Chicken

with Couscous, Apple Slaw & Peanuts

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CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



### Recipe Update

We've replaced the basmati rice in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Couscous



Apple



Garlic & Herb Seasoning



Mild Caribbean Jerk Seasoning



Slaw Mix



Parsley



Chicken-Style Stock Powder



Chicken Breast



Garlic Paste



Coconut Milk



Crushed Peanuts



Chicken Breast

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

Eat Me Early

Caribbean spiced chicken is such a party for your mouth, we had to step up every element of this lively dish. From apple 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
couscous	1 large packet	2 large packets
<b>boiling water*</b>	1 ½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
apple	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	½ medium sachet	1 medium sachet
garlic paste	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
slaw mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	2 medium packets
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3179kJ (759Cal)	598kJ (142Cal)
Protein (g)	58.4g	11g
Fat, total (g)	30.1g	5.7g
- saturated (g)	17.3g	3.3g
Carbohydrate (g)	93g	17.5g
- sugars (g)	16g	3g
Sodium (mg)	2036mg	383mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3951kJ (944Cal)	557kJ (133Cal)
Protein (g)	97.3g	13.7g
Fat, total (g)	33.4g	4.7g
- saturated (g)	18.3g	2.6g
Carbohydrate (g)	94g	13.3g
- sugars (g)	16.2g	2.3g
Sodium (mg)	2171mg	306mg

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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## Make the couscous

- Boil the kettle. Place **couscous** and **chicken-style stock powder** in a medium heatproof bowl.
- Add **boiling water** (see ingredients) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork.

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

- Meanwhile, thinly slice **apple**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **garlic & herb seasoning** (see ingredients) and a drizzle of **olive oil**. Add **chicken** and toss to combine.
- 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 doubled your chicken breast, flavour in a large bowl. Cook in batches for best results.

4



## Serve up

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

**Little cooks:** Help tear over the parsley.

## Rate your recipe

Did we make your tastebuds happy?

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