



Coconut Caribbean Chicken & Rice Bowl

with Rainbow Slaw & Peanuts

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken Breast



Garlic Paste



Mild Caribbean Jerk Seasoning



Coconut Milk



Baby Leaves



Slaw Mix



Crushed Peanuts



Coriander



Chicken Breast

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



Calorie Smart*
*Custom Recipe is not Calorie Smart



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 the rainbow slaw to the 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, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 medium packet	2 medium packets
coriander	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)	2662kJ (636Cal)	567kJ (136Cal)
Protein (g)	51.8g	11g
Fat, total (g)	28.1g	6g
- saturated (g)	17g	3.6g
Carbohydrate (g)	73.7g	15.7g
- sugars (g)	6.9g	1.5g
Sodium (mg)	1149mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3434kJ (821Cal)	531kJ (127Cal)
Protein (g)	90.7g	14g
Fat, total (g)	31.3g	4.8g
- saturated (g)	18g	2.8g
Carbohydrate (g)	74.7g	11.5g
- sugars (g)	7.1g	1.1g
Sodium (mg)	1284mg	198mg

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

2024 | CW14



1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-14 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 slaw

- While the chicken is cooking, roughly chop **baby leaves**.
- In a medium bowl, combine **baby leaves**, **slaw mix** and a drizzle of **white wine vinegar** and **olive oil**.

2



Cook the chicken

- Meanwhile, cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **4-5 minutes**.
- 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**. Remove pan from heat and set aside.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above and cook in batches for best results.

4



Serve up

- Divide rapid rice, coconut Caribbean chicken and rainbow slaw between bowls. Pour any remaining coconut sauce from the pan over chicken.
- Top with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

Little cooks: Help tear over the herbs.

Rate your recipe

Did we make your tastebuds happy?

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