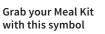


Spiced Chicken & Caribbean Coconut Sauce

with Roast Pumpkin Veggie Medley

KID FRIENDLY

CLIMATE SUPERSTAR















Chicken Breast



Mild Caribbean



Peeled Pumpkin

Baby Leaves

Jerk Seasoning



Coconut Milk







Prep in: 20-30 mins Ready in: 40-50 mins

Eat Me Early



With hints of pimento, pepper and nutmeg, our mild Caribbean jerk seasoning is perfect for jazzing up juicy chicken breast. We've even sprinkled some in the creamy coconut sauce for a meal that's sure to be a success.



Pantry items Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
onion	1/2	1
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 medium packet	2 medium packets
coconut milk	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1674kJ (400Cal)	268kJ (64Cal)
Protein (g)	48.1g	7.7g
Fat, total (g)	20.9g	3.4g
- saturated (g)	16g	2.6g
Carbohydrate (g)	32.3g	5.2g
- sugars (g)	18.5g	3g
Sodium (mg)	1057mg	170mg
Dietary Fibre (g)	7g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	305kJ (73Cal)
Protein (g)	87g	10.9g
Fat, total (g)	24.2g	3g
- saturated (g)	16.9g	2.1g
Carbohydrate (g)	33.3g	4.2g
- sugars (g)	18.6g	2.3g
Sodium (mg)	1192mg	149mg
Dietary fibre	7g	0.9g

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.





Get prepped

- Preheat oven to 220°C/200°C fan-forced. Drain sweetcorn. Slice onion (see ingredients) into wedges. Finely chop garlic.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine half the mild Caribbean jerk seasoning and a generous drizzle of olive oil. Add chicken, season with salt and pepper and turn to coat. Set aside.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl.



Roast the veggies

 Place peeled pumpkin pieces and onion on a lined oven tray. Drizzle with olive oil and season.
 Toss to coat, spread out evenly, then roast until tender and golden, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.

Little cooks: Help toss the veggies.



Char the corn

 While the veggies are roasting, heat a large frying pan over medium-high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the chicken

 Return the frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through, 3-5 minutes each side (depending on thickness). Transfer to a plate.

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

Custom Recipe: Cook in batches for best results.



Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook garlic and remaining mild Caribbean jerk seasoning, stirring, until fragrant, 1 minute.
- Stir through coconut milk and simmer until slightly thickened, 2-3 minutes. Season to taste and set aside.
- When the veggies are done, transfer them to the bowl with the charred corn, then add baby leaves and toss to combine.



Serve up

- · Slice spiced chicken.
- Divide roast pumpkin and veggie toss between bowls. Top with chicken.
- Pour over Caribbean coconut sauce to serve.
 Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate