



Spiced Chicken & Caribbean Coconut Sauce with Roast Pumpkin Veggie Medley

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



Onion



Garlic



Chicken Breast



Mild Caribbean Jerk Seasoning



Peeled Pumpkin Pieces



Coconut Milk



Baby Leaves



Chicken Breast

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

Calorie Smart

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.

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

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	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW18



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.



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.



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.



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.



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.



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

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