



Caribbean Chicken Strips & Coconut Sauce

with Charred Pineapple Slaw & Crushed Peanuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Leaves



Carrot



Pineapple Slices



Chicken Breast Strips



Mild Caribbean Jerk Seasoning



Coconut Milk



Shredded Cabbage Mix



Crushed Peanuts



Coriander



Chicken Breast Strips

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

Calorie Reduced*
**Custom Recipe is not Calorie Reduced*

Eat Me Early

Eat the tropical rainbow tonight with this vibrant collection of veggies and chicken strips cooked in our mild 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 leaves	1 small packet	1 medium packet
carrot	1	2
pineapple slices	½ tin	1 tin
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	½ medium packet	1 medium packet
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
coriander	1 packet	1 packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1835kJ (439Cal)	400kJ (96Cal)
Protein (g)	40.3g	8.8g
Fat, total (g)	25.5g	5.6g
- saturated (g)	10.3g	2.2g
Carbohydrate (g)	23.7g	5.2g
- sugars (g)	17.1g	3.7g
Sodium (mg)	886mg	193mg
Dietary Fibre (g)	6.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	418kJ (99Cal)
Protein (g)	72.8g	11.8g
Fat, total (g)	30.8g	5g
- saturated (g)	11.9g	1.9g
Carbohydrate (g)	24.5g	4g
- sugars (g)	17.9g	2.9g
Sodium (mg)	968mg	157mg
Dietary Fibre (g)	6.5g	1.1g

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



1



Get prepped

- Roughly chop **baby leaves**. Grate **carrot**.
- Reserve some **pineapple juice**, then drain **pineapple slices (see ingredients)**.
- 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**.

3



Make the sauce

- Return frying pan to medium heat. Add **coconut milk (see ingredients)**, the **brown sugar** and a drizzle of **white wine vinegar**. Simmer, until slightly thickened, **3-4 minutes**.
- Return **chicken** to the pan and stir to coat. Season to taste.
- In a large bowl, combine **shredded cabbage mix**, **carrot**, **baby leaves**, **pineapple**, a splash of reserved **pineapple juice** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

2



Cook the chicken

- 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**. Transfer to a plate and cover to keep warm.

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

Custom Recipe: If you've doubled your chicken breast strips, cook chicken in batches for best results. Return all chicken to pan, then add mild Caribbean jerk seasoning and cook until fragrant, 1 minute.

4



Serve up

- Divide charred pineapple slaw between plates. Top with Caribbean chicken strips and creamy coconut sauce.
- Garnish with **crushed peanuts** and tear out **coriander** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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