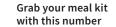


# Jerk Chicken & Caribbean Coconut Sauce

with Roast Pumpkin Veggie Medley

KID FRIENDLY













Chicken Breast



Mild Caribbean Jerk Seasoning

Peeled Pumpkin





Coconut Milk

**Baby Leaves** 









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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

3			
	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	
*Pantry Items			

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1631kJ (390cal)	125kJ (30cal)
Protein (g)	46.5g	3.6g
Fat, total (g)	20.1g	1.5g
- saturated (g)	15.7g	1.2g
Carbohydrate (g)	32.7g	2.5g
- sugars (g)	18.7g	1.4g
Sodium (mg)	951mg	72.8mg
Dietary Fibre (g)	5.5g	0.4g

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!



## 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.

**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.



#### Make the sauce

- · Wipe out the frying pan, then return to mediumhigh 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

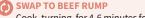
- · Slice jerk chicken.
- Divide roast pumpkin and veggie toss between serving bowls.
- Top with chicken and pour over Caribbean coconut sauce to serve. Enjoy!







Follow method above, cooking in batches if necessary.



Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.