



Caribbean Chicken & Creamy Cos Salad

with Charred Pineapple Salsa

GOOD TO BBQ

NEW

Grab your meal kit with this number

20



Cos Lettuce



Avocado



Fresh Chilli (Optional)



Pineapple Slices



Mild Caribbean Jerk Seasoning



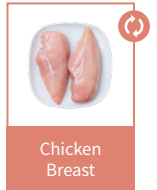
Chicken Thigh



Mayonnaise



Chicken Thigh



Chicken Breast

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

Carb Smart

Protein Rich

Eat Me Early

Fire up the grill for this Caribbean-inspired feast! Juicy, spice-rubbed chicken is flame-kissed to perfection, paired with a refreshing creamy cos lettuce salad. A sweet, smokey charred pineapple salsa adds a tropical twist, balancing the heat with bursts of caramelised goodness. This BBQ delight brings island vibes to your plate with every bite!

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	1 head	2 heads
avocado	1 (small)	1 (large)
fresh chilli (optional) 🌶️	½	1
pineapple slices	1 tin	2 tins
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (515cal)	515kJ (110cal)
Protein (g)	31.8g	6.8g
Fat, total (g)	42.2g	9g
- saturated (g)	8.3g	1.8g
Carbohydrate (g)	22.4g	4.8g
- sugars (g)	18.6g	4g
Sodium (mg)	985mg	210.9mg
Dietary Fibre (g)	6.4g	1.4g

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 BBQ to high heat.
- Roughly chop **cos lettuce**.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Thinly slice **fresh chilli** (if using!).
- Drain **pineapple slices**.



Barbeque the chicken

- Add **chicken** to BBQ grill plate and cook, turning occasionally, until charred and cooked through, **8-12 minutes**. Transfer to a plate, then drizzle with the **honey**.

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

No BBQ? Return large frying pan to medium-high heat with a drizzle of olive oil. Cook chicken thigh, turning occasionally, until browned and cooked through, 14-16 minutes.



Prep the chicken

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a generous drizzle of **olive oil**.
- Add **chicken thigh** and turn to coat. Set aside.



Toss the salad

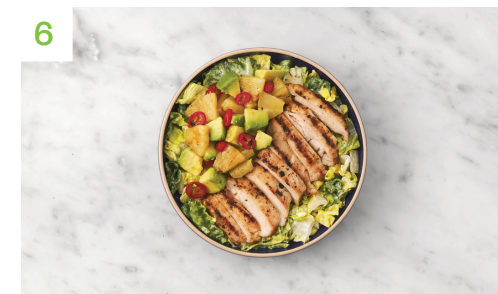
- Meanwhile, roughly chop **pineapple**.
- In a second medium bowl, combine **pineapple**, **avocado**, **chilli** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- In a large bowl, combine **cos lettuce**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Barbeque the pineapple

- When the BBQ is hot, grill **pineapple** until charred, **2-4 minutes** each side.

No BBQ? Heat a large frying pan over a high heat. Cook pineapple until lightly charred, 2-3 minutes each side.



Serve up

- Thinly slice chicken.
- Divide creamy cos salad between bowls.
- Top with charred pineapple salsa and Caribbean chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

