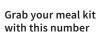


Caribbean Honey Chicken with Corn-Cauliflower Rice & Mayo

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













Sweetcorn

Chicken Breast



Mild Caribbean



Jerk Seasoning

Cauliflower Rice







Baby Leaves

Chicken-Style Stock Powder



Mayonnaise





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

Eat Me Early





Protein Rich

Enjoy a flavour-packed, guilt-free and nutritious meal with our cauliflower rice! With colourful veggies stirred in and topped with our classic Caribbean-spiced chicken, we know you'll be glad you took the plunge and gave this low carb delight a go.

Pantry items Olive Oil, Honey, Butter

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

Large frying pan · Air fryer

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	3 cloves	6 cloves
sweetcorn	½ large tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
honey*	2 tsp	1 tbs
butter*	20g	40g
cauliflower rice	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2089kJ (418cal)	418kJ (84cal)
Protein (g)	38.9g	7.8g
Fat, total (g)	23.5g	4.7g
- saturated (g)	8.1g	1.6g
Carbohydrate (g)	29.5g	5.9g
- sugars (g)	17.6g	3.5g
Sodium (mg)	1639mg	327.8mg
Dietary Fibre (g)	7g	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

- Thinly slice carrot into rounds.
- Finely chop garlic.
- Drain sweetcorn (see ingredients).
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine mild Caribbean jerk seasoning, a drizzle of olive oil and a pinch of salt and pepper. Add chicken and turn to coat.



Cook the cauliflower rice

- Wipe out frying pan, then return to high heat. Cook the butter and cauliflower rice, stirring, until softened, 2-4 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Return carrot and corn to the pan, along with baby leaves and chicken-style stock powder, then stir to combine. Season to taste.



Cook the veggies & chicken

- Heat a large frying pan over high heat. Cook sweetcorn and carrot until lightly browned, 4-5 minutes. Transfer to a bowl.
- Meanwhile, set air fryer to 200°C. Place chicken into the air fryer basket and cook until cooked through, 12-15 minutes.
- In the **last minute** of cook time, add the **honey** to pan. Turn **chicken** to coat. Transfer to a plate, cover to keep warm and set aside.

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

TIP: No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat, then add the honey, turning chicken to coat. Transfer to a plate.



Serve up

- · Slice Caribbean honey chicken.
- Divide corn-cauliflower rice between bowls. Top with chicken.
- Serve with a dollop of **mayonnaise**. Enjoy!







Cut into 2cm chunks. Cook in a frying pan, until cooked through, 4-6 minutes.



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

