



Caribbean Honey Chicken

with Corn-Cauliflower Rice & Mayo

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Carrot



Garlic



Sweetcorn



Chicken Breast



Mild Caribbean Jerk Seasoning



Cauliflower Rice



Baby Leaves



Chicken-Style Stock Powder



Mayonnaise



Pork Loin Steaks



Chicken Breast

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

Carb Smart

Protein Rich

Eat Me Early

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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



SWAP TO PORK LOIN STEAKS

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



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

