



# Easy Sticky Caribbean Chicken

with Coconut Rice & Corn Slaw

NEW



Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Sweetcorn



Chicken Breast



Mild Caribbean Jerk Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

This recipe is easy to make and only has three key components that will have you falling in love. Number one a coconutty rice to cushion the second best seller of this dish, a corn slaw. Finally, the heart throb, a succulent serving of chicken coated in sweet chilli sauce.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 medium packet	2 medium packets
<b>water*</b> (for the rice)	¾ cup	1½ cups
basmati rice	1 packet	1 packet
sweetcorn	1 tin	1 tin
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	2 tbs	¼ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612Cal)	515kJ (123Cal)
Protein (g)	43g	8.6g
Fat, total (g)	23.1g	4.6g
- saturated (g)	16.7g	3.4g
Carbohydrate (g)	82.2g	16.5g
- sugars (g)	17.2g	3.5g
Sodium (mg)	1174mg	236mg

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](https://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

2023 | CW21



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## Make the coconut rice

- In a medium saucepan, add **coconut milk**, **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **15 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

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## Cook the chicken

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **sweet chilli sauce** and **water (for the sauce)** and turn **chicken** to coat.
- In a second medium bowl, combine **sweetcorn**, **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Season to taste.

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

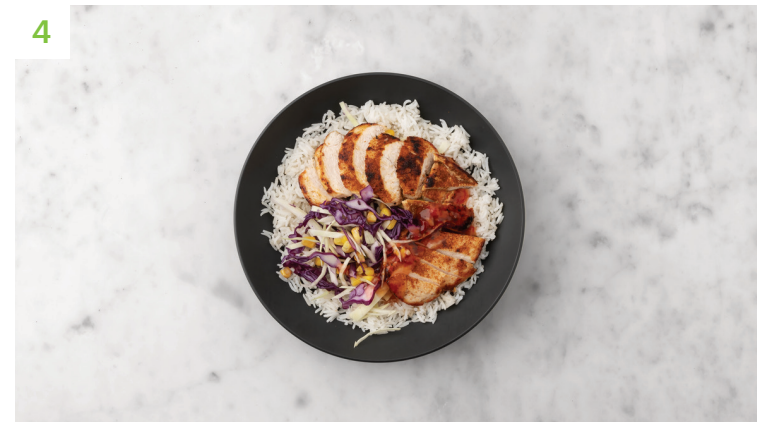
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## Get prepped

- While the rice is cooking, drain the **sweetcorn**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **mild Caribbean jerk seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and turn to coat.

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## Serve up

- Slice sticky Caribbean chicken.
- Divide coconut rice between bowls. Top with corn slaw and chicken, spooning over any remaining glaze to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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