



Caribbean Chicken & Couscous

with Charred Corn & Coconut Sweet Chilli Mayo

Grab your Meal Kit
with this symbol



Capsicum



Sweetcorn



Mint



Baby Spinach Leaves



Coconut Sweet Chilli Mayonnaise



Chicken Thigh



Mild Caribbean Jerk Seasoning



Chicken-Style Stock Powder



Couscous



Long Red Chilli (Optional)

Hands-on: 25-35 mins
 Ready in: 30-40 mins

Eat Me Early

Spicy (optional
long red chilli)

Juicy chicken thighs mingle with mild Caribbean spices in this vibrant, veggie-loaded dish. Bring it all together with a drizzle of coconut sweet chilli mayo, sure to be your new favourite condiment.

Pantry items
Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
mint	1 bag	1 bag
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	2 tbs	1 tbs
chicken thigh	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
water* (for the couscous)	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
long red chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	562kJ (134Cal)
Protein (g)	43.4g	8.5g
Fat, total (g)	32.6g	6.4g
- saturated (g)	5.2g	1g
Carbohydrate (g)	50.7g	10g
- sugars (g)	13.5g	10g
Sodium (mg)	1494mg	294mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Thinly slice the **capsicum** into strips. Drain the **sweetcorn**. Pick and thinly slice the **mint**. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **coconut sweet chilli mayonnaise** and the **water (for the mayo)**.



Flavour the chicken

In a medium bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning** and a drizzle of **olive oil**.



Cook the veggies

Heat a large frying pan over a high heat. Cook the **capsicum**, stirring occasionally, until slightly softened, **2-3 minutes**. Add the **sweetcorn** and cook, stirring until lightly charred, **4-5 minutes**. Remove from the heat.



Cook the chicken

Return the frying pan to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Cook the couscous

While the chicken is cooking, add the **water (for the couscous)** and **chicken-style stock powder** to a medium saucepan. Bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork. Stir through the **mint**, **baby spinach**, **corn** and **capsicum**.

Serve up

Thinly slice the **long red chilli** (if using). Slice the Caribbean chicken. Divide the couscous between bowls. Top with the chicken. Drizzle with the coconut sweet chilli mayo mixture. Serve with the chilli.

Enjoy!

