



Caribbean Chicken & Coconut Rice

with Salsa & Charred Pineapple

Grab your Meal Kit
with this symbol



Coconut Milk



Basmati Rice



Pineapple Slices



Long Red Chilli
(Optional)



Tomato



Baby Spinach
Leaves



Mint



Chicken Thigh



Mild Caribbean
Jerk Seasoning



Greek-Style
Yoghurt

Hands-on: 25-35 mins
Ready in: 40-50 mins
Naturally gluten-free
Not suitable for Coeliacs

Eat me early
 Spicy (optional long red chilli)

Spicy, tangy, smokey - this dish brings you all the excitement you never knew you needed for a weeknight dinner! Taste and enjoy this flavour sensation inspired by the Caribbean.

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

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------|--------------------|--------------------|
| olive oil* | refer to method | refer to method |
| coconut milk | 1 box (200ml) | 2 boxes (400ml) |
| salt* | ¼ tsp | ½ tsp |
| water* | ¾ cup | 1¼ cups |
| basmati rice | 1 packet | 2 packets |
| pineapple slices | ½ tin | 1 tin |
| long red chilli (optional) | ½ | 1 |
| tomato | 1 | 2 |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| mint | 1 bunch | 1 bunch |
| chicken thigh | 1 small packet | 1 large packet |
| mild Caribbean jerk seasoning | 1 sachet | 2 sachets |
| Greek-style yoghurt | 1 packet (100g) | 1 packet (200g) |

*Pantry items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3338kJ (798Cal) | 609kJ (146Cal) |
| Protein (g) | 42.5g | 7.8g |
| Fat, total (g) | 33.9g | 6.2g |
| - saturated (g) | 20.9g | 3.8g |
| Carbohydrate (g) | 78g | 14.2g |
| - sugars (g) | 15.6g | 14.2g |
| Sodium (mg) | 1337mg | 244mg |

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.



Cook the rice

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

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



Get prepped

While the rice is cooking, reserve 2 tbs of **pineapple juice**, drain and roughly chop the **pineapple slices** (see ingredients). Deseed and finely chop the **long red chilli** (if using). Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Pick and thinly slice the **mint** leaves (reserve a few leaves for garnish).



Flavour the chicken

In a medium bowl, combine the **chicken thigh**, **mild Caribbean jerk seasoning**, the **salt** and a drizzle of **olive oil**. Toss to coat. Set aside.



Make the salsa

Heat a large frying pan over a high heat. Add the **pineapple** and cook until lightly charred, **2-3 minutes**. Transfer to a plate. In a medium bowl, combine the **long red chilli**, **tomato**, **baby spinach**, **mint**, **pineapple juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat and set aside.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until golden and cooked through, **10-14 minutes**.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



Serve up

Slice the chicken. Divide the coconut rice and Caribbean chicken between plates. Serve with the salsa, charred pineapple and top with the **Greek-style yoghurt**.

Enjoy!