



Chicken & Caribbean Coconut Sauce with Spinach Rice

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3762kJ (899Cal) | Protein 48g | Fat, total 49.8g - saturated 18.4g | Carbohydrate 64.2g - sugars 22.3g | Sodium 1345mg
The quantities provided above are averages only.

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2023 | WK27 | V



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	2 small pkts OR 1 large pkt
Slaw Mix	1 small bag	1 large bag
Coconut Sweet Chilli Mayonnaise	1 pkt (50g)	1 pkt (100g)

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.

1. Sizzle



Mild Caribbean Jerk Seasoning



Chicken Tenderloins



Coconut Milk

2. Zap



Pineapple Slices



Microwavable Basmati Rice



Baby Spinach Leaves



Chicken-Style Stock Powder

3. Toss



Slaw Mix



Coconut Sweet Chilli Mayonnaise



Coriander



Roasted Almonds

- In a bowl, combine a drizzle of **olive oil** and half the **seasoning**. Add **chicken**. Toss
- Heat frying pan over medium-high heat with a drizzle of **oil**. Cook **chicken**, until golden and cooked through (no longer pink inside), **3-4 mins** each side. Season, then set aside
- Wipe out pan, then return to medium-high heat with a drizzle of **oil**. Stir in **coconut milk** and remaining **seasoning**. Simmer until thickened slightly, **2-3 mins**

- Meanwhile, drain and chop **pineapple**
- Microwave **rice** until steaming, **2-3 mins**
- Divide **rice** between serving plates or bowls, then stir through **spinach** and **stock**

- In a second bowl, combine **pineapple**, **slaw** and **coconut sweet chilli mayo**. Season
- Top the plated **spinach rice** with **chicken** and **slaw**. Spoon **coconut sauce** over **chicken**
- Tear over **coriander**. Sprinkle with **almonds** to serve (chop the almonds, if preferred)



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