



# 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 3951kJ (944Cal) | Protein 48.9g | Fat, total 50.5g - saturated 18.6g | Carbohydrate 73g - sugars 22.3g | Sodium 1342mg  
The quantities provided above are averages only.

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2023 | WK37 | 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

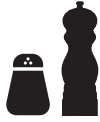


Microwave

## 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](https://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 **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 transfer to a plate
- 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**
- In a second bowl, combine **rice**, **spinach** and **stock**. Divide between serving plates or bowls

- In a third 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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