



Warming Caribbean Chicken & Coconut Stew

with Garlic Rice & Peanuts

COSY COMFORTS

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Garlic Paste



Basmati Rice



Baby Broccoli



Carrot & Zucchini Mix



Chicken Thigh



Mild Caribbean Jerk Seasoning



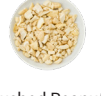
Coconut Milk



Chicken-Style Stock Powder



Baby Spinach Leaves



Crushed Peanuts



Chicken Thigh



Chicken Breast



THE GARFIELD MOVIE
EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me First

This dish is sure to nip your craving for a creamy stew in the bud. With tasty chicken thigh as the base we've jam-packed this dish with all the veggie favourites and topped it off with a mild jerk style coconut sauce. This is the best antidote to a chilly Autumn night.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
baby broccoli	1 bunch	2 bunches
carrot & zucchini mix	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
water* (for the chicken)	¼ cup	½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	554kJ (132Cal)
Protein (g)	46.2g	7.1g
Fat, total (g)	40.3g	6.2g
- saturated (g)	24.3g	3.7g
Carbohydrate (g)	77.3g	11.8g
- sugars (g)	11.8g	1.8g
Sodium (mg)	1445mg	221mg
Dietary Fibre (g)	15.6g	2.4g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)**, and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from 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!

3



Cook the chicken

- Wipe out the frying pan then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned, **5-6 minutes**.
- Reduce heat to medium, then add **mild Caribbean jerk seasoning** and cook until fragrant, **1 minute**. Add **coconut milk**, the **water (for the chicken)** and **chicken-style stock powder**. Simmer until slightly reduced and **chicken** is cooked through (when no longer pink inside), **2-3 minutes**.
- Return **cooked veggies** to pan and stir in **baby spinach leaves** until wilted. Season to taste.

CUSTOM OPTIONS

+ **DOUBLE CHICKEN THIGH**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO CHICKEN BREAST**
Follow method above.

2



Cook the veggies

- While the rice is cooking, trim **baby broccoli**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **baby broccoli** and **carrot & zucchini mix**, tossing, until tender, **5-6 minutes**. Season with a pinch of **salt** and **pepper**. Transfer to a bowl.
- Meanwhile, cut **chicken thigh** into 2cm chunks.

4



Serve up

- Divide garlic rice between bowls.
- Top with Caribbean chicken and coconut stew.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

