

Caribbean Chicken & Veggie Couscous

with Coconut Sweet Chilli Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

37



Capsicum



Sweetcorn



Baby Spinach Leaves



Mild Caribbean Jerk Seasoning



Chicken Thigh



Couscous



Long Chilli (Optional)



Coconut Sweet Chilli Mayonnaise



Chicken Breast



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

 Calorie Smart

 Eat Me Early

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

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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 medium tin	1 large tin
baby spinach leaves	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
water* (for the couscous)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
couscous	1 medium packet	1 large packet
long chilli 🌶️ (optional)	½	1
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	656kJ (157Cal)
Protein (g)	38.5g	9.4g
Fat, total (g)	31.3g	7.6g
- saturated (g)	4.8g	1.2g
Carbohydrate (g)	51.4g	12.5g
- sugars (g)	12.5g	3g
Sodium (mg)	1377mg	335mg
Dietary Fibre (g)	5.3g	1.3g

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

- Slice **capsicum** into thin strips.
- Drain **sweetcorn**.
- Roughly chop **baby spinach leaves**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes** (cook in batches if your pan is getting crowded).

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.



Flavour the chicken

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**.
- Add **chicken thigh**, turning to coat.



Cook the couscous

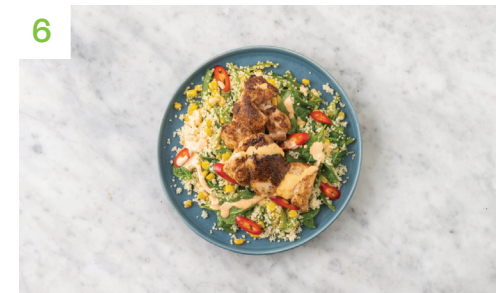
- Meanwhile, in a medium saucepan, add the **water (for the couscous)** and **salt**. Bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, stirring to combine. Cover with a lid, then remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff up with a fork. Stir through **spinach, corn** and **capsicum**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Add **capsicum** and cook, tossing, until slightly softened, **2-3 minutes**.
- Add **sweetcorn** and cook until lightly charred, **4-5 minutes**.
- Transfer **veggies** to a bowl. Cover to keep warm.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Thinly slice **long chilli** (if using).
- Slice chicken.
- Divide veggie couscous between bowls.
- Top with Caribbean chicken.
- Drizzle with **coconut sweet chilli mayo** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

