



# Caribbean Jerk Chicken & Coconut Soup

with Roasted Sweet Potato & Spring Onion

NEW

Grab your meal kit with this number

40



Sweet Potato



Capsicum



Spring Onion



Lemon



Chicken Thigh



Mild Caribbean Jerk Seasoning



Diced Tomatoes With Onion & Garlic



Coconut Milk



Chicken Stock Pot



Baby Spinach Leaves



Coriander



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

This chicken number is spiked with some tasty Caribbean flavours that mix and mingle with the roasted sweet potato in a perfect union. We don't skimp on the garnishes and the coriander and spring onion are proof that we know how to wrap up a delicious dinner winner.

### 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

Oven tray lined with baking paper · Large pot or saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
spring onion	1 stem	2 stems
lemon	½	1
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	2 medium sachets
diced tomatoes with onion & garlic	1 packet	2 packets
coconut milk	2 packets	4 packets
<b>water*</b>	½ cup	1 cup
chicken stock pot	½ packet	1 packet
baby spinach leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3110kJ (743cal)	238kJ (57cal)
Protein (g)	39.9g	3.1g
Fat, total (g)	46.7g	3.6g
- saturated (g)	33.9g	2.6g
Carbohydrate (g)	37.2g	2.8g
- sugars (g)	21.1g	1.6g
Sodium (mg)	3230mg	247.1mg
Dietary Fibre (g)	10.4g	0.8g

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](https://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

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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **capsicum** into 1cm chunks.
- Place **sweet potato, capsicum**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## Start the soup

- Return large saucepan to medium-high heat with a drizzle of **olive oil**.
- Add **mild Caribbean jerk seasoning, diced tomatoes with onion & garlic, coconut milk**, the **water, lemon zest** and **chicken stock pot (see ingredients)**. Simmer until slightly thickened, **3-5 minutes**.

**TIP:** Stir through a splash of water if you prefer a thinner soup.



## Get prepped

- While the veggies are roasting, thinly slice **spring onion**.
- Zest **lemon** to get a good pinch and cut into wedges.
- Cut **chicken thigh** into 2cm chunks.



## Add the veggies and chicken

- Stir through **roasted veggies, chicken** (including the resting juices) and **baby spinach leaves**.
- Add a generous squeeze of **lemon juice** and season to taste with **salt** and **pepper**.



## Cook the chicken

- In a large saucepan, heat a drizzle of **olive oil** over high heat. When oil is hot, add **chicken** and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), **4-5 minutes**. Transfer to a bowl and set aside.



## Serve up

- Divide Caribbean jerk chicken and coconut soup between bowls and serve with any remaining lemon wedges.
- Garnish with **coriander** and spring onion to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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

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

