



Caribbean Chicken & Coconut Curry

with Spinach-Cauli Rice & Almonds

Grab your Meal Kit with this symbol



Carrot



Red Onion



Garlic



Mild Caribbean Jerk Seasoning



Coconut Milk



Baby Spinach Leaves



Chicken-Style Stock Powder



Flaked Almonds

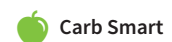


Chicken Breast



Cauliflower Rice

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



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

This dish is sure to nip your craving for a creamy curry in the bud, all while keeping your carb intake in check, thanks to the handy cauli rice; together with the baby spinach, it soaks up all the deliciousness just as well as regular rice would.

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
red onion	1	2
garlic	3 cloves	6 cloves
chicken breast	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium tin	2 medium tins
brown sugar*	1 tbs	2 tbs
water*	¼ cup	½ cup
cauliflower rice	1 packet (250g)	1 packet (500g)
baby spinach leaves	1 small bag	1 medium bag
chicken-style stock powder	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2041kJ (488Cal)	348kJ (83Cal)
Protein (g)	40.9g	7g
Fat, total (g)	22.6g	3.8g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	28.1g	4.8g
- sugars (g)	21.5g	3.7g
Sodium (mg)	1360mg	232mg
Dietary Fibre (g)	10.1g	1.7g

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

- Thinly slice **carrot** into half-moons. Thinly slice **red onion**. Finely chop **garlic**.
- Cut **chicken breast** into 2cm chunks.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, in batches, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Transfer to a bowl.

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **onion** until softened, **4-5 minutes**.
- Add **mild Caribbean jerk seasoning** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.
- Return **chicken** (plus any resting juices!) to the pan, then add **coconut milk**, the **brown sugar** and the **water**. Reduce heat to medium and cook until slightly thickened, **3-4 minutes**.



Start the cauliflower rice

- Meanwhile, heat a medium frying pan over high heat with a drizzle of **olive oil**.
- Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.



Finish the cauliflower rice

- Stir in **baby spinach leaves** and **chicken-style stock powder** until spinach is wilted, **1-2 minutes**.
- Season to taste. Remove from heat.



Serve up

- Divide spinach-cauli rice between bowls. Top with Caribbean chicken curry.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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