



# Caribbean Chicken & Veggie Couscous

with Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Capsicum



Sweetcorn



Baby Spinach Leaves



Mild Caribbean Jerk Seasoning



Vegetable Stock Powder



Couscous



Long Chilli (Optional)



Chicken Thigh



Coconut Sweet Chilli Mayonnaise



Chicken Breast

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

Eat Me Early

Calorie Smart

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## 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 saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
<b>water*</b> (for the mayo)	½ tbs	1 tbs
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
<b>water*</b> (for the couscous)	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
long chilli  (optional)	½	1
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2644kJ (632Cal)	607kJ (145Cal)
Protein (g)	42.9g	9.9g
Fat, total (g)	29.1g	6.7g
- saturated (g)	4.2g	1g
Carbohydrate (g)	48.8g	11.2g
- sugars (g)	10g	2.3g
Sodium (mg)	1467mg	337mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	599kJ (143Cal)
Protein (g)	44.7g	10.1g
Fat, total (g)	28g	6.4g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	48.8g	11.1g
- sugars (g)	10g	2.3g
Sodium (mg)	1467mg	333mg

The quantities provided above are averages only.

## Allergens

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW35



## Get prepped

- Slice **capsicum** into thin strips. Drain **sweetcorn**. Roughly chop **baby spinach leaves**.
- In a small bowl, combine **coconut sweet chilli mayonnaise** and the **water (for the mayo)**.



## 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.

**Custom Recipe:** Prepare pan as above. Cook chicken until browned and cooked through, 3-5 minutes each side.



## Flavour the chicken

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

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken the same way as above.



## Cook the couscous

- Meanwhile, combine the **water (for the couscous)** and **chicken-style stock powder** in a medium saucepan. 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 **baby spinach**, **corn** and **capsicum**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry **capsicum** 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 Caribbean chicken.
- Divide veggie couscous between bowls. Top with chicken.
- Drizzle with coconut sweet chilli mayo. Sprinkle with chilli to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)