

Caribbean Chicken Curry & Cauli-Rice

with Baby Spinach & Almonds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Red Onion



Garlic



Mild Caribbean Jerk Seasoning



Coconut Milk



Chilli Flakes (Optional)



Chicken-Style Stock Powder



Baby Spinach Leaves



Flaked Almonds



Chicken Breast





Cauliflower Rice



Prawns

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

 Carb Smart

 Eat Me First

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.

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

Pantry items

Olive Oil, Brown Sugar, Butter

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 tsp	2 tsp
water*	¼ cup	½ cup
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
chilli flakes (optional)	pinch	pinch
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1862kJ (445Cal)	309kJ (74Cal)
Protein (g)	41.5g	6.9g
Fat, total (g)	32.4g	5.4g
- saturated (g)	21.7g	3.6g
Carbohydrate (g)	25.2g	4.2g
- sugars (g)	19.6g	3.3g
Sodium (mg)	1409mg	234mg
Dietary Fibre (g)	11.4g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1452kJ (347Cal)	270kJ (65Cal)
Protein (g)	21.9g	4.1g
Fat, total (g)	27.7g	5.2g
- saturated (g)	20.3g	3.8g
Carbohydrate (g)	25.2g	4.7g
- sugars (g)	19.6g	3.7g
Sodium (mg)	1973mg	367mg
Dietary Fibre (g)	11.2g	2.1g

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



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.

Custom Recipe: If you've swapped to prawns, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a bowl.



Cook the curry

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

Custom Recipe: Return prawns to the pan as instructed above.



Start the cauliflower rice

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



Finish the cauliflower rice

- Remove pan from heat.
- Sprinkle in **chilli flakes** (if using). Stir in **chicken-style stock powder** and **baby spinach leaves** until spinach is wilted, **1-2 minutes**.
- Season to taste. Remove from heat.



Serve up

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

Rate your recipe

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