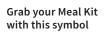


# Caribbean Chicken Curry & Cauli-Rice

with Baby Spinach & Almonds

**EXPLORER** 

CLIMATE SUPERSTAR











Mild Caribbean

Jerk Seasoning



(Optional)

Coconut Milk



Chicken-Style Stock Powder





Cauliflower Rice



Flaked Almonds Chicken Breast



Prep in: 20-30 mins **Carb Smart** Ready in: 30-40 mins

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.



### 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*	1/4 cup	½ cup
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
chilli flakes	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)

<sup>\*</sup>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!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate