



Chicken & Caribbean Coconut Sauce with Spinach Rice

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3304kJ (790Cal) | Protein 47.8g | Fat, total 49.9g - saturated 18.4g | Carbohydrate 64.2g - sugars 22g | Sodium 1392mg
The quantities provided above are averages only.

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2023 | WK10 | W



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Slaw Mix	1 small bag	1 large bag
Mayonnaise	1 medium pkt (40g)	1 large pkt (80g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Mild Caribbean Jerk Seasoning



Chicken Tenderloins



Coconut Milk

2. Zap



Pineapple Slices



Microwavable Basmati Rice



Baby Spinach Leaves



Chicken-Style Stock Powder

3. Toss



Slaw Mix



Mayonnaise



Coriander



Roasted Almonds

- In a bowl, combine a drizzle of **olive oil** and 1/2 the **seasoning**. Add **chicken** and toss to coat
- Heat a frying pan over medium-high heat with a drizzle of **oil**. Cook **chicken** until golden and cooked through (no longer pink inside), **3-4 mins** each side. Season, then transfer to a plate
- Wipe out pan, then return to medium-high heat with a drizzle of **oil**. Stir in **coconut milk** and remaining **seasoning**. Simmer until thickened slightly, **2-3 mins**

- Meanwhile, drain and chop **pineapple**
- Microwave **rice** until steaming, **2-3 mins**
- Divide rice between serving plates or bowls, then stir through **spinach** and **stock**

- In a second bowl, combine **pineapple**, **slaw** and **mayo**. Season
- Top the plated **spinach rice** with **chicken** and **slaw**. Spoon **coconut sauce** over **chicken**
- Tear over **coriander**. Sprinkle with **almonds** to serve (chop the almonds, if preferred)



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