



Coconut Milk



Basmati Rice



Cucumber



Tomato



Mint



Long Red Chilli (Optional)



Chicken Breast



Mild Caribbean Jerk Seasoning



Sweetcorn

For your lunch



Classic Wraps



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise

DINNER

Hands-on: 20-30 mins
Ready in: 30-40 mins

LUNCH

Ready in: 10 mins



Eat me early



Spicy (optional long red chilli)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, Caribbean chicken stars as the key player in a quick coconut rice and salsa bowl, then in super-tasty wraps. Extra delicious!

Pantry items

Olive Oil, White Wine Vinegar

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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	1 cup	1¼ cup
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
cucumber	1	2
tomato	2	3
mint	1 bunch	1 bunch
long red chilli (optional)	½	1
chicken breast	1 large packet	1 large & 1 small packet
mild Caribbean jerk seasoning	2 sachets	2½ sachets
sweetcorn	1 tin (125g)	1 tin (300g)
white wine vinegar*	1 tsp	2 tsp
classic wraps	4	4
mixed salad leaves	1 bag (60g)	1 bag (60g)
coconut sweet chilli mayonnaise	2 packets (100g)	2 packets (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Dinner		
Energy (kJ)	3080kJ (737Cal)	556kJ (133Cal)
Protein (g)	47.4g	8.5g
Fat, total (g)	25.6g	4.6g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	71.4g	12.9g
- sugars (g)	7.8g	1.4g
Sodium (g)	1210mg	219mg
Lunch		
Energy (kJ)	3590kJ (857Cal)	819kJ (196Cal)
Protein (g)	47.0g	10.7g
Fat, total (g)	49.8g	11.4g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	54.8g	12.5g
- sugars (g)	7.3g	1.7g
Sodium (mg)	1320mg	302mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Dinner

Cook the coconut rice

In a medium saucepan, combine the **coconut milk**, the **water** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the chicken

Return the frying pan to a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). While the chicken is cooking, add the **cucumber**, chopped **tomato**, **mint**, **chilli** and **white wine vinegar** to the **corn**. Season with **salt** and **pepper**. Stir to combine.

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



Get prepped

While the rice is cooking, finely chop the **cucumber**. Finely chop 1/2 the **tomato**. Pick and thinly slice the **mint** leaves (save some whole leaves for lunch!). Finely chop the **long red chilli** (if using). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **mild Caribbean jerk seasoning** (see ingredients) and a good drizzle of **olive oil**. Add the **chicken** and toss to coat.



Serve up dinner

Slice the **chicken**, and reserve two portions for lunch (about 1 cup). Divide the **coconut rice** between bowls, top with the **remaining Caribbean chicken** and spoon over the **corn** salsa.



Char the corn

Heat a large frying pan over a high heat. Drain the **sweetcorn**. Add the **sweetcorn** to the pan and cook, tossing, until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Lunch

Serve up

When you're ready to pack your lunch, thinly slice the remaining **tomato** into half-moons. Divide the **chicken** between two microwavable containers. Divide the **classic wraps**, **tomato**, **mixed salad leaves**, the reserved **mint** and the **coconut sweet chilli mayonnaise** between two lunch packages. Refrigerate. At lunch, microwave the chicken in **30 second bursts** until heated through. Spread the **coconut sweet chilli mayonnaise** over the **wraps** and top with the **tomato**, **mixed salad**, **mint** and **chicken**. Roll up and enjoy!

Enjoy!