

# Caribbean Chicken & Coconut Rice

with Caramelised Pineapple Salsa

Grab your Meal Kit with this symbol



Pineapple Slices



Long Green Chilli (Optional)



Cucumber



Mint



Chicken Breast



Mild Caribbean Jerk Seasoning



Coconut Milk



Basmati Rice



Baby Spinach Leaves

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

 Spicy (optional long green chilli)

 Eat Me Early

Caribbean spice is such a party for your mouth that we had to step up every element of this lively dish, from the pineapple salsa to the coconut-spinach rice. If you like things mild, just leave out the chilli – the salsa is already packed with flavour!

### 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
long green chilli (optional)	½	1
cucumber	1 (medium)	1 (large)
mint	1 bag	1 bag
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	1 cup	1½ cups
basmati rice	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3087kJ (738Cal)	567kJ (136Cal)
Protein (g)	38.1g	7g
Fat, total (g)	27.5g	5.1g
- saturated (g)	13.1g	2.4g
Carbohydrate (g)	79.5g	14.6g
- sugars (g)	17.8g	3.3g
Sodium (mg)	1339mg	246mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Drain the **pineapple slices**, reserving the pineapple juice. Finely chop the **long green chilli** (if using). Roughly chop the **cucumber**. Pick and roughly chop the **mint** leaves.



## Make the pineapple salsa

While the rice is cooking, heat a large frying pan over a high heat. Cook the **pineapple** slices, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a plate and roughly chop. In a second medium bowl, combine the charred **pineapple**, **cucumber**, **mint**, **chilli** and the reserved **pineapple juice** (2 1/2 tbs for 2 people / 1/3 cup for 4 people). Season to taste and set aside.

**TIP:** Some like it hot but if you don't, just hold back on the chilli.



## Flavour the chicken

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 medium bowl, combine the **mild Caribbean jerk seasoning**, the **salt** and a drizzle of **olive oil**. Add the **chicken** and turn to coat. Set aside.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

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

**TIP:** Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



## Cook the coconut rice

In a medium saucepan, add the **coconut milk**, **water** and a pinch of **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!



## Serve up

Slice the Caribbean chicken. Stir the **baby spinach leaves** through the coconut rice until wilted. Divide the coconut rice, chicken and caramelised pineapple salsa between plates.

## Enjoy!