



Caribbean Chicken & Coconut Rice

with Caramelised Pineapple Salsa

Grab your Meal Kit with this symbol



Pineapple Slices



Long Red Chilli (Optional)



Tomato



Cucumber



Mint



Chicken Thigh



Mild Caribbean Jerk Seasoning



Coconut Milk



Basmati Rice



Baby Spinach Leaves

- Hands-on: 15-25 mins
- Naturally gluten-free
- Spicy (optional long red chilli)
- Ready in: 25-35 mins
- Not suitable for Coeliacs*
- Low Calorie
- Eat me early

Spicy, tangy, smokey - this dish brings you all the excitement you never knew you needed for a weeknight dinner! Taste and enjoy this flavour sensation inspired by the the Caribbean.

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
long red chilli (optional)	½	1
tomato	1	2
cucumber	1	2
mint	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
salt* (for the chicken)	¼ tsp	½ tsp
coconut milk	1 tin (165ml)	1 tin (400ml)
water*	1 cup	1¼ cup
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2308kJ (550Cal)	437kJ (104Cal)
Protein (g)	37.5g	7.1g
Fat, total (g)	20.9g	4g
- saturated (g)	8g	1.5g
Carbohydrate (g)	48.7g	9.2g
- sugars (g)	18.5g	3.5g
Sodium (mg)	1308mg	248mg

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.



1. Get prepped

Reserve the **pineapple juice**, then drain and roughly chop the **pineapple slices**. Finely chop the **long red chilli** (if using). Finely chop the **tomato** and **cucumber**. Pick and thinly slice the **mint** leaves (reserve a few for garnish).



4. Make the pineapple salsa

While the rice is cooking, heat a medium frying pan over a high heat. Add the **pineapple** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl, then add the **tomato, cucumber, long red chilli** (if using), **mint** and the **pineapple juice (2 tbs for 2 people / 1/3 cup for 4 people)**. Season to taste with **salt** and **pepper**, mix well and set aside.



2. Flavour the chicken

Slice the **chicken thigh** in half. In a medium bowl, add the **mild Caribbean jerk seasoning, salt (for the chicken)** and a **drizzle of olive oil**. Add the **chicken thigh** and toss to coat. Set aside.



5. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, turning occasionally, until golden and cooked through, **10-14 minutes**.

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

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



3. Cook the coconut rice

In a medium saucepan, add the **coconut milk, the water and salt (for the rice)** 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**. When the rice is done, stir through the **baby spinach leaves** until wilted.

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



6. Serve up

Divide the coconut rice, Caribbean chicken and caramelised pineapple salsa between plates. Garnish with the reserved mint leaves.

TIP: For the low-calorie option, serve with half the coconut rice.

Enjoy!