



# Jerk BBQ Chicken & Pineapple Salsa

with Garlic Rice & Zesty Green Beans

Grab your Meal Kit with this symbol



Green Beans



Garlic



Mint



Lemon



Chicken Breast



Mild Caribbean Jerk Seasoning



Basmati Rice



Pineapple Slices



BBQ Sauce

Hands-on: **35 mins**  
Ready in: **40 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

With bright and punchy flavours, this meal will bring plenty of smiles to the dinner table. Mildly spiced chicken, a sweet charred pineapple salsa and beans tossed with lemon come together to make a dish that's pure perfection.

### Pantry items

Olive Oil, Butter

## 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

	4 People
olive oil*	refer to method
green beans	1 bag (400g)
garlic	4 cloves
mint	1 bunch
lemon	1
chicken breast	1 packet
mild Caribbean jerk seasoning	1½ sachets
butter*	30g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	½ tsp
pineapple slices	1 tin
BBQ sauce	2 tubs (80g)
water* (for the sauce)	1 tbs

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2860kJ (682Cal)	621kJ (148Cal)
Protein (g)	45.9g	10.0g
Fat, total (g)	16.9g	3.7g
- saturated (g)	7.2g	1.6g
Carbohydrate (g)	81.8g	17.8g
- sugars (g)	17.7g	3.8g
Sodium (g)	1180mg	258mg

### Allergens

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



### 1. Get prepped

Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **mint** leaves. Zest the **lemon** to get a **good pinch**, then slice into wedges. 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, add the **chicken**, **1 1/2 sachets of mild Caribbean jerk seasoning** and a **drizzle of olive oil**. Toss to coat.



### 4. Cook the green beans

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **green beans** and cook until softened, **5-6 minutes**. Transfer to a bowl. Add a **squeeze of lemon juice**, a **good pinch of lemon zest** and season with **salt and pepper**. Cover to keep warm.

**TIP:** Add a dash of water to help the green beans cook evenly.

**TIP:** Leave out the lemon if you have fussy eaters!



### 2. Cook the garlic rice

In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and, stir, bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



### 5. Cook the chicken

In a small bowl, mix the **BBQ sauce**, a **squeeze of lemon juice**, **1 tbs of reserved pineapple juice** and the **water (for the sauce)**. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Move the **chicken** to one side of the pan and add the **BBQ sauce mixture** and heat until bubbling and slightly thickened, **1 minute**. Turn the **chicken** to coat in the sauce.

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



### 3. Char the pineapple

While the rice is cooking, heat a large frying pan over a high heat. Reserve the **pineapple juice**, then add the **pineapple** slices to the pan and cook until lightly charred, **2-3 minutes** each side. Remove from the pan and finely chop. Transfer to a medium bowl.



### 6. Serve up

Thickly slice the chicken. Add the mint and a squeeze of lemon juice to the bowl with the pineapple. Divide the garlic rice, jerk BBQ chicken and zesty green beans between plates. Spoon over the sauce from the pan and top with the pineapple salsa.

### Enjoy!