



# JERK BBQ CHICKEN & PINEAPPLE SALSA

with Garlic Rice & Zesty Greens



Make a charred pineapple salsa



Broccoli



Garlic



Mint



Lemon



Chicken Breast



Mild Caribbean Jerk Seasoning



Basmati Rice



Pineapple Slices



BBQ Sauce

**Pantry Staples:** Olive Oil, Butter

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

Eat me early

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

*Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!*

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 GET PREPPED

Halve the **broccolini** lengthways. 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 the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, add the **chicken steaks**, **1 1/2 sachets of mild Caribbean jerk seasoning** and a **drizzle of olive oil**. Toss to coat.



### 4 COOK THE ZESTY GREENS

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **broccolini** and cook until softened, **5-6 minutes**. **TIP:** Add a dash of water to help the broccolini cook evenly. 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:** 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 **salt** and 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 has 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 reserved pineapple juice** and **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, add the **BBQ sauce mixture** and heat until bubbling and slightly thickened, **1 minute**. Turn the chicken to coat in the sauce.



### 3 CHAR THE PINEAPPLE

While the rice is cooking, drain the **pineapple slices**, reserving the juice. Heat a large frying pan over a high heat. Add the **pineapple** 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 to the bowl with the pineapple and add a squeeze of lemon. Divide the garlic rice, BBQ jerk chicken slices and zesty greens between plates. Spoon over the sauce from the pan and top with the pineapple salsa.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
broccolini	2 bunches
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 packets (80g)
water* (for the sauce)	4 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (662Cal)	623kJ (149Cal)
Protein (g)	42.7g	9.6g
Fat, total (g)	16.1g	3.6g
- saturated (g)	7.0g	1.6g
Carbohydrate (g)	81.8g	18.4g
- sugars (g)	17.7g	4.0g
Sodium (g)	1190mg	267mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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