



Spiced Chicken & Caribbean Coconut Sauce

with Roast Pumpkin & Veggie Toss

Grab your Meal Kit with this symbol



Sweetcorn



Carrot



Red Onion



Garlic



Chicken Breast



Mild Caribbean Jerk Seasoning



Peeled & Chopped Pumpkin



Chicken-Style Stock Powder



Coconut Milk



Baby Spinach Leaves

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Eat me early

There's nothing better than chicken that's juicy on the inside and wonderfully charred with mild spices on the outside. That's how we're preparing our protein tonight, plus add a drizzle of creamy Caribbean coconut sauce to double down on all that flavour. Delish!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ tin	1 tin
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
chicken breast	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
chicken-style stock powder	1 sachet	1 sachet
coconut milk	1 tin (200ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2469kJ (590Cal)	353kJ (84Cal)
Protein (g)	47.4g	6.8g
Fat, total (g)	22.9g	3.3g
- saturated (g)	18g	2.6g
Carbohydrate (g)	38.3g	5.5g
- sugars (g)	25.8g	3.7g
Sodium (mg)	1423mg	204mg

Allergens

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

Visit 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

Preheat the oven to **220°C/200°C fan-forced**. Drain the **sweetcorn** (see ingredients). Thinly slice the **carrot** into 1cm half-moons. Slice the **red onion** into 2cm wedges. Finely chop the **garlic**. 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 1/2 the **mild Caribbean jerk seasoning** and a generous drizzle of **olive oil**. Add the **chicken**, season with **salt** and **pepper**, then toss to coat. Set aside.

TIP: Cut the veggies to size so they cook in time.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate.

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



Roast the veggies

Divide the **peeled & chopped pumpkin, carrot** and **onion** between two oven trays lined with baking paper. Sprinkle with the **chicken-style stock powder**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender and golden, **25-30 minutes**.



Char the corn

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **garlic** and remaining **mild Caribbean jerk seasoning** and cook, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and simmer until thickened slightly, **2-3 minutes**. Set aside. When the **veggies** are done, transfer them to the charred **corn**, then add the **baby spinach leaves** and toss to combine.



Serve up

Slice the spiced chicken. Divide the roast pumpkin and veggie toss between plates and top with the chicken. Pour over the Caribbean coconut sauce.

Enjoy!