

Spiced Chicken & Caribbean Coconut Sauce

with Roast Pumpkin & Veggie Toss

Grab your Meal Kit with this symbol



Zucchini



Butternut Pumpkin



Carrot



Red Onion



Garlic



Chicken Breast



Mild Caribbean Jerk Seasoning



Chicken Stock



Flaked Almonds



Coconut Milk



Baby Spinach Leaves

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

Eat me early

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

Who doesn't love a succulent, perfectly seasoned chicken? Paired with roasted veggies coated in chicken stock for an irresistible flavour, we bet this will be a real hit in the household tonight!

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
zucchini	1	2
butternut pumpkin	1 (medium)	1 (large)
carrot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
chicken breast	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
chicken stock	1 cube	2 cubes
flaked almonds	1 packet	2 packets
coconut milk	1 packet (165ml)	1 packet (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2633kJ (629Cal)	303kJ (72Cal)
Protein (g)	44.7g	5.1g
Fat, total (g)	28.3g	3.3g
- saturated (g)	13.1g	1.5g
Carbohydrate (g)	37.6g	4.3g
- sugars (g)	31.1g	3.6g
Sodium (mg)	1314mg	151mg

The quantities provided above are averages only.

Allergens

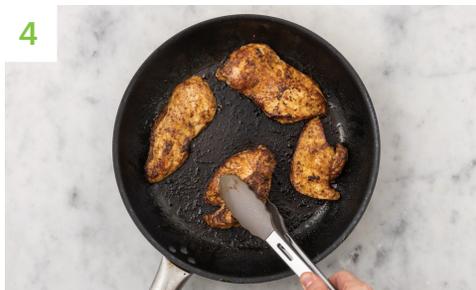
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **zucchini** and **butternut pumpkin** into 2cm chunks. 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 the **chicken breast**, 1/2 the **mild jerk seasoning** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until 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 **zucchini, pumpkin, carrot** and **onion** between two oven trays lined with baking paper. Crumble over the **chicken stock** (1 cube for 2 people / 2 cubes for 4 people), and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender and golden, **25-30 minutes**.



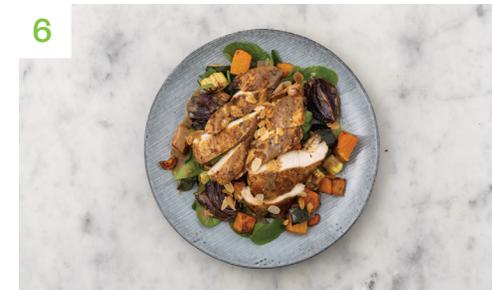
Make the sauce

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**. When the **roasted veggies** are done, add the **baby spinach leaves** to the tray and toss to combine.



Toast the flaked almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



Serve up

Slice the spiced chicken. Divide the roast pumpkin and veggie toss between plates and top with the spiced chicken. Pour over the coconut jerk sauce. Garnish with the flaked almonds.

Enjoy!