

Spiced Chicken & Caribbean Coconut Sauce

with Roast Pumpkin & Veggie Toss

Grab your Meal Kit with this symbol



Sweetcorn



Red Onion



Parsnip



Garlic



Chicken Breast



Mild Caribbean Jerk Seasoning



Peeled & Chopped Pumpkin



Coconut Milk

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with parsnip, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil

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

Eat Me Early

Carb Smart

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!

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

Oven tray 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
red onion	1 (medium)	1 (large)
parsnip	1	2
garlic	2 cloves	4 cloves
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
coconut milk	1 box (200ml)	1 tin (400ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	369kJ (88Cal)
Protein (g)	43g	6.8g
Fat, total (g)	25.4g	4g
- saturated (g)	18.8g	3g
Carbohydrate (g)	27.6g	4.4g
- sugars (g)	19.1g	3g
Sodium (mg)	1421mg	226mg
Dietary Fibre (g)	7.8g	1.2g

The quantities provided above are averages only.

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). Slice the **red onion** into wedges. Cut the **parsnip** into bite-sized chunks. Finely chop the **garlic**. Place your hand flat on top of each **chicken breast** and 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 turn to coat. Set aside.



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

Spread the **peeled & chopped pumpkin, onion** and **parsnip** over a lined oven tray. Drizzle with **olive oil** and season. Toss to coat, spread out evenly, then roast until tender and golden, **25-30 minutes**.

TIP: *If your oven tray is crowded, divide between two trays.*



Make the sauce

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and remaining **jerk seasoning**, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and simmer until thickened slightly, **2-3 minutes**. Season to taste and set aside. When the **veggies** are done, transfer them to the **charred corn** and toss to combine.



Char the corn

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

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



Serve up

Slice the spiced chicken. Divide the roast pumpkin and veggie toss between bowls. Top with the chicken. Pour over the Caribbean coconut sauce to serve.

Enjoy!