



Caribbean Style Chicken and Pepper with Couscous and Tomato Salsa

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

15



Chicken Stock Paste



Couscous



Bell Pepper



Garlic Clove



Diced Chicken Breast



Caribbean Style Jerk



Tomato Puree



BBQ Sauce



Spring Onion



Lime



Medium Tomato

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, lid, garlic press, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Couscous 13	120g	180g	240g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Diced Chicken Breast**	260g	390g	520g
Caribbean Style Jerk 9	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
BBQ Sauce	32g	48g	64g
Spring Onion**	2	3	4
Lime**	1	1	1
Medium Tomato	1	2	2
Pantry	2P	3P	4P
Water for the Couscous*	220ml	330ml	440ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2072 /495	343 /82
Fat (g)	5.4	0.9
Sat. Fat (g)	1.3	0.2
Carbohydrate (g)	65.6	10.9
Sugars (g)	14.2	2.3
Protein (g)	43.5	7.2
Salt (g)	2.91	0.48

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Couscous

Pour the **water for the couscous** (see pantry for amount) and **half the chicken stock paste** into a medium saucepan and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.

Leave to the side for 8-10 mins or until ready to serve.



Sauce Things Up

Stir the **sugar** and **water for the sauce** (see pantry for both amounts) and the remaining **chicken stock paste** into the pan.

Bring to the boil, then lower the heat and simmer gently until the **sauce** has thickened and the **chicken** is cooked through, 8-10 mins.
IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

Add a splash of **water** if it looks a little too thick.



Get Prepping

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Time to Salsa

In the meantime, trim and thinly slice the **spring onion**. Zest and cut the **lime** into wedges.

Cut the **tomato** into 1cm chunks and pop into a medium bowl. Add the **spring onion**, a drizzle of **oil** and a squeeze of **lime juice** and the **lime zest**. Season with **salt** and **pepper**.

Once the **couscous** is ready, fluff it up with a fork and stir through the **salsa**.



Fry and Spice the Chicken

Once the **oil** is hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**.
IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

Stir-fry until the **chicken** is browned all over and the **pepper** starts to soften, 5-6 mins.

Add the **garlic**, **Caribbean style jerk** (add less if you'd prefer things milder) and **tomato puree** to the pan. Stir-fry until fragrant, 1 min.



Finish and Serve

Once the **sauce** has thickened, stir through the **BBQ sauce**, a squeeze of **lime juice** and season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.

Share the **couscous** between your bowls and spoon over the **chicken and pepper stew**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!