



Caribbean Chicken Rice Bowl

with Sweetcorn and Black Beans

N° 17

BALANCED 20 Minutes • Under 600 Calories • Medium Heat • 1 of your 5 a day



Garlic Clove



Spring Onion



Lime



Coriander



Sweetcorn



Black Beans



Diced Chicken Thigh



Jerk Spice Mix



Mango Chutney



Coconut Basmati Rice

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Spring Onion**	2	3	4
Lime**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Sweetcorn**	1 small tin	¾ large tin	1 large tin
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Thigh**	210g	350g	420g
Jerk Spice Mix	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 pot	1½ pots	2 pots
Water*	50ml	75ml	100ml
Coconut Basmati Rice	1 pouch	1½ pouches	2 pouches

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	448g	100g
Energy (kJ/kcal)	2372/567	530/127
Fat (g)	19	4
Sat. Fat (g)	7	2
Carbohydrate (g)	63	14
Sugars (g)	19	4
Protein (g)	33	7
Salt (g)	1.55	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped!

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

b) Trim the **spring onions** then slice thinly.

c) Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all).

d) Drain and rinse the **sweetcorn** and **black beans**.



4. Cook the Rice

a) Meanwhile, cook the **rice** according to pack instructions.



2. Start the Chicken

a) Heat a drizzle of **oil** in a large frying pan over high heat.

b) Once hot, add the **chicken** and cook until golden brown, 5-6 mins, stir every 1-2 mins.



5. Finish Up!

a) Stir the **rice** and **half** the **coriander** through the **chicken mixture**.

b) Taste and add more **salt** and **pepper** if you like.



3. Add Flavour!

a) Add the **jerk spice** (add less if you don't like **spice**) and **garlic** to the **chicken** and cook, stirring, for 1 min.

b) Add the **mango chutney** and **water** (see ingredients for amounts) with plenty of **salt** and **pepper**.

c) Stir through the **beans**, **sweetcorn**, **half** the **lime zest** and **half** the **spring onion**.

d) Mix well and simmer until the **sauce** is thick and sticky, 2-3 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6. Serve

a) Divide the **rice** between your plates and top with the remaining **spring onion**, **coriander** and **lime wedges**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar • High Protein

Featured Ingredient: *Chicken is a good source of lean protein and contains selenium, which contributes to the normal functioning of the immune system.*