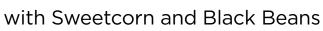


Caribbean Chicken Rice Bowl





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





Garlic Clove





Spring Onion



Lime



Coriander







Diced Chicken Thigh



Jerk Spice Mix



Mango Chutney



Coconut Basmati Rice

Before you start

Our fruit, veggies and herbs need a wash before vou 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.



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.



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.



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.



4. Cook the Rice

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



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.



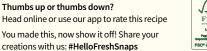
6. Serve

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

Enjoy!

Contact

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HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ

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Packed in the UK

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.