



# Caribbean Chicken and Confetti Rice

with Roasted Squash and Lime Mayo

20-min



Chicken Tenders



Jerk Spice Blend



Sweet Bell Pepper



Canned Corn



BBQ Sauce



Mayonnaise



Lime



Butternut Squash, cubes



Basmati Rice

HELLO JERK SPICE

*A warm blend made with allspice, cinnamon, nutmeg and thyme!*

## Start here

- Before starting, preheat the oven to 450°F.
- In a medium pot, add 1 ¼ cups water (dbl for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, microplane/zester, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Jerk Spice Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Canned Corn	56 g	113 g
BBQ Sauce	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Lime	1	1
Butternut Squash, cubes	170 g	340 g
Basmati Rice	¾ cup	1 ½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast squash

Toss **squash** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until tender, 16-18 min.



## Roast chicken

While **squash** roasts, pat **chicken** dry with paper towels. Toss **chicken** with **½ tbsp oil** (dbl for 4 ppl) and **Jerk Spice Blend** on another baking sheet. Season with **salt** and **pepper**. Roast in the **top** of the oven, for 10 minutes, then drizzle **BBQ sauce** over **chicken**. Return to oven for 4-6 minutes, until cooked though.\*\*



## Cook rice

While **squash** and **chicken** roast, add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Prep and cook peppers

While **rice** cooks, core, then cut **pepper** into ½-inch pieces. Drain and rinse **corn**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and a **quarter of the corn** (half the corn for 4 ppl). Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**. Remove pan from heat and set aside.



## Make lime mayo

Zest, then juice **half the lime** (whole lime for 4 ppl). Cut any **remaining lime** into wedges. Stir together **mayo**, **lime juice** and **half the lime zest** in a small bowl. Season with **pepper**.



## Finish and serve

Fluff **rice** with a fork. Stir in **remaining lime zest**, **peppers** and **corn**, then season with **salt**. Divide **rice** between plates. Top with **squash** and **chicken**. Drizzle with **lime mayo** and squeeze over a **lime wedge**, if desired.

## Dinner Solved!