



# Caribbean-Style Chicken













## with Jeweled Rice and Citrus Mayo

Top-Rated Special

Spicy

20 Minutes



-  Chicken Tenders **340 g | 680 g**
-  Basmati Rice **¾ cup | 1 ½ cups**
-  Zucchini **1 | 2**
-  Sweet Bell Pepper **1 | 2**
-  Corn Kernels **113 g | 227 g**
-  Onion, chopped **56 g | 113 g**
-  Cilantro **7 g | 7 g**
-  Mayonnaise **4 tbsp | 8 tbsp**
-  Jerk Sauce **2 tbsp | 4 tbsp**
-  Jerk Spice Blend **1 tbsp | 2 tbsp**
-  Garlic Salt **1 tsp | 2 tsp**
-  Lime **1 | 1**

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



### Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 ¼ cups (2 ½ cups) water to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** and **half the garlic salt** to the **boiling water**.
- Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep and roast zucchini

- Meanwhile, quarter **zucchini** lengthwise, then cut into ½-inch pieces.
- Add **zucchini** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **remaining garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 12-14 min.

3



### Roast chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **Jerk Spice Blend** and ½ **tbsp** (1 tbsp) **oil** to another parchment-lined baking sheet. Toss to coat, then arrange in a single layer.
- Roast in the **top** of the oven, 8 min.
- Carefully remove baking sheet from the oven, then dollop **jerk sauce** over **chicken**.
- Return to the **top** of the oven and continue to roast until cooked through, 4-6 min.\*\*

4



### Prep and cook veggies

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions**, **peppers** and **corn**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**.
- Remove from heat and set aside.

5



### Make citrus mayo

- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **mayo**, **lime juice**, **half the lime zest** and ¼ **tsp** (½ tsp) **sugar** to a small bowl. Season with **pepper**, then stir to combine.

6



### Finish and serve

- Roughly chop or tear **cilantro**.
- Fluff **rice** with a fork. Stir in **veggies**, **half the cilantro** and **remaining lime zest**.
- Divide **jeweled rice** between plates. Top with **roasted zucchini** and **chicken**.
- Drizzle **citrus mayo** over top and sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

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

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



Issue with your meal? Scan the QR code to share your feedback.