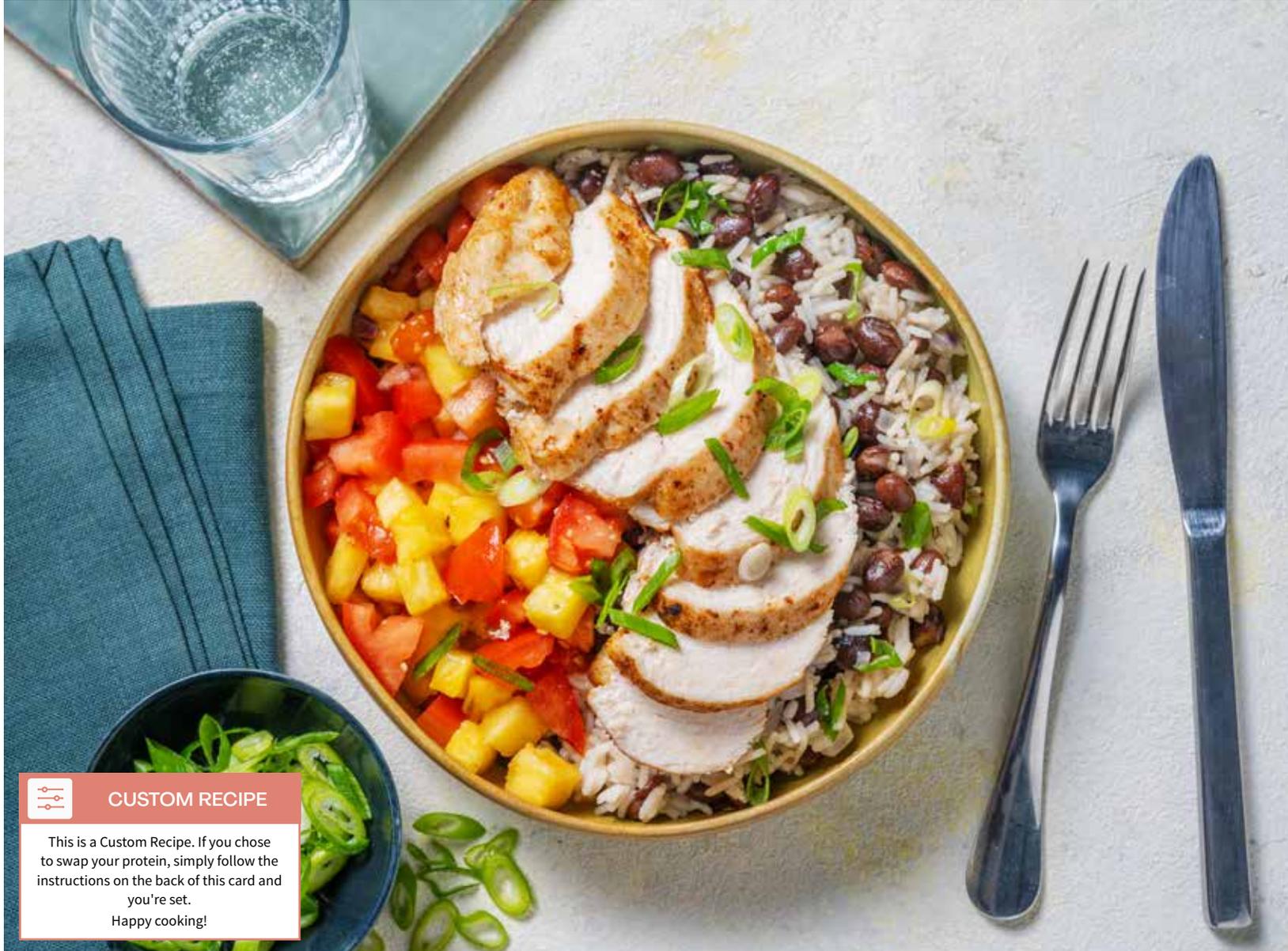




# Jerk Chicken Bowls

with Rice, Beans and Pineapple Salsa

Spicy 30 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Breasts



Chicken Thighs



Parboiled Rice



Jerk Spice Blend



Garlic Salt



Pineapple, spears



Roma Tomato



Red Onion



Black Beans



Green Onions



Soy Sauce

HELLO JERK SPICE

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

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs	4	8
Parboiled Rice	¾ cup	1 ½ cups
Jerk Spice Blend 🍷	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Pineapple, spears	95 g	190 g
Roma Tomato	80 g	160 g
Red Onion	113 g	226 g
Black Beans	398 ml	796 ml
Green Onions	2	4
Soy Sauce	1 ½ tsp	3 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ 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 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.*

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### Cook rice

Peel, then cut **onion** into ¼-inch pieces. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **half the onions**. Cook, stirring often, until toasted, 1-2 min. Add **1 ¼ cups water** and ½ **tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



### Cook chicken

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min. \*\*



### Prep

While **rice** cooks, drain then rinse **beans**. Cut **pineapple** into ¼-inch pieces. Cut **tomato** into ¼-inch pieces. Thinly slice **green onions**. Pat **chicken** dry with paper towels. Add **chicken**, **Jerk Spice Blend**, **garlic salt** and **1 tbsp oil** (dbl for 4ppl) to a large bowl, then toss to coat.

### CUSTOM RECIPE

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to cook the **chicken breasts**.



### Cook beans and rice

While **chicken** bakes, add **2 tbsp butter** (dbl for 4 ppl) to the same pan and heat over medium. When **butter** is melted, add **beans** and **half the green onions**. Cook, stirring often, until warmed through, 2-3 min. Fluff **rice** with a fork, then add **rice** to the pan with **beans** and **veggies**. Cook, stirring occasionally, until **rice** and **beans** are combined, 1-2 min.



### Mix salsa

Add **tomatoes**, **remaining onions**, **pineapple**, **soy sauce**, ½ **tsp oil** and ½ **tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



### Finish and serve

Thinly slice **chicken**. Divide **rice and bean mixture** between plates, then top with **chicken**. Spoon **pineapple salsa** over top. Sprinkle with **remaining green onions**.

## Dinner Solved!