



Saucy Jerk-Spiced Chicken

with Coconut Rice and Peas

Discovery

Spicy

25 Minutes



Chicken Tenders



Basmati Rice



Coconut Milk



Jerk Spice Blend



Cilantro



Green Peas



Mirepoix

HELLO JERK SPICE

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

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Basmati Rice	¾ cup	1½ cup
Coconut Milk	165 ml	400 ml
Jerk Spice Blend 🍷	2 tbsp	4 tbsp
Cilantro	7 g	14 g
Green Peas	113 g	227 g
Mirepoix	113 g	227 g
Sugar*	½ tbsp	1 tbsp
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 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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Cook rice

Bring **¼ cup coconut milk**, **¼ tsp salt** and **1 cup water** (dbl all for 4 ppl) to a boil in a covered medium pot. Add **rice** and **peas** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Prep

Finely chop **cilantro**. Pat **chicken** dry with paper towels, then season with **salt, pepper**, and **half the Jerk Spice Blend**.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, flipping pieces occasionally, until cooked through, 6-7 min.**



Make sauce

Add **mirepoix** and **remaining Jerk Spice Blend** to the pan with **chicken**. Cook, stirring often, until **mirepoix** is tender-crisp, 2-3 min. Add **remaining coconut milk**, **½ tbsp sugar** and **⅓ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce heat to medium low. Cook, stirring often, until **sauce** thickens, 5-7 minutes.



Finish and serve

Fluff **rice and peas** with a fork, then divide **rice and peas** between plates. Top with **chicken** and **sauce**. Sprinkle **cilantro** over top.

Dinner Solved!