



Caribbean-Style Chicken













with Jewelled Rice and Citrus Mayo

Fast and Fresh

Spicy

20 Minutes



-  Chicken Breast Tenders
310 g | 620 g
-  Basmati Rice
¾ cup | 1 ½ cup
-  Zucchini
1 | 2
-  Sweet Bell Pepper
1 | 2
-  Corn Kernels
113 g | 227 g
-  Yellow 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 **jewelled 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.