

# Caribbean-Style Chicken

with Jewelled Rice and Citrus Mayo

Fast and Fresh

Spicy

20 Minutes





Chicken Breast Tenders •



310 g | 620 g

3/4 cup | 1 ½ cup







1 | 2





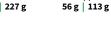




chopped

Pepper **1 | 2** 

113 g | 227 g







Cilantro 7 g | 7 g

Mayonnaise 4 tbsp | 8 tbsp







2 tbsp | 4 tbsp

1 tbsp | 2 tbsp



Garlic Salt 1 tsp | 2 tsp



Lime 1 | 1

Allengens 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.

#### 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.



## 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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil

#### 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.\*\*



# 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 tendercrisp, 5-6 min.
- Season with salt and pepper.
- · Remove from heat and set aside.



# 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.



## 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.