



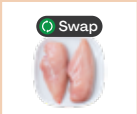
# Caribbean-Style Chicken

with Jewelled Rice and Citrus Mayo

Fast and Fresh

Spicy

20 Minutes



Organic Chicken Breasts\*  
2 | 4

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast Tenders\*  
310 g | 620 g



Basmati Rice  
¼ cup | 1 ½ cups



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.

Pantry items | Oil, pepper, salt, sugar

Cooking utensils | 2 Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, strainer, zester

1



### Cook rice

- Before starting, preheat the oven to 450°F.
  - Add 1 cup (2 cups) water to a medium pot.
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Using a strainer, rinse **rice** until **water** runs clear.
  - 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

- Swap | **Organic Chicken Breasts**
- 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.
- 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** (use 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.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Roast chicken

Swap | **Organic Chicken Breasts**

If you've opted to get **organic chicken breasts**, cut into 1-inch-wide strips, then prep and cook in the same way the recipe instructs you to prep and cook the **chicken breast tenders**.

♦ 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.