



# Caribbean-Style Chicken

with Jewelled Rice and Lime Mayo

Spicy

20-min



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Chicken Tenders



Basmati Rice



Zucchini



Sweet Bell Pepper



Corn Kernels



Onion, chopped



Cilantro



Lime



Mayonnaise



Jerk Sauce



Jerk Spice Blend



Garlic Salt

HELLO JERK SPICE

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

## Start here

- 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.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

2 Baking sheets, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Corn Kernels	113 g	227 g
Onion, chopped	56 g	113 g
Cilantro	7 g	7 g
Lime	1	1
Mayonnaise	4 tbsp	8 tbsp
Jerk Sauce	2 tbsp	4 tbsp
Jerk Spice Blend 🍷	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar *	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ 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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1



### Cook rice

- 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.

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 hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions, peppers** and **corn**. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Season with **salt** and **pepper**.
- Remove from heat and set aside.

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.

5



### Make lime 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.

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 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. \*\*

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 **zucchini** and **chicken**.
- Drizzle **lime mayo** over top and sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!