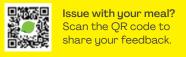
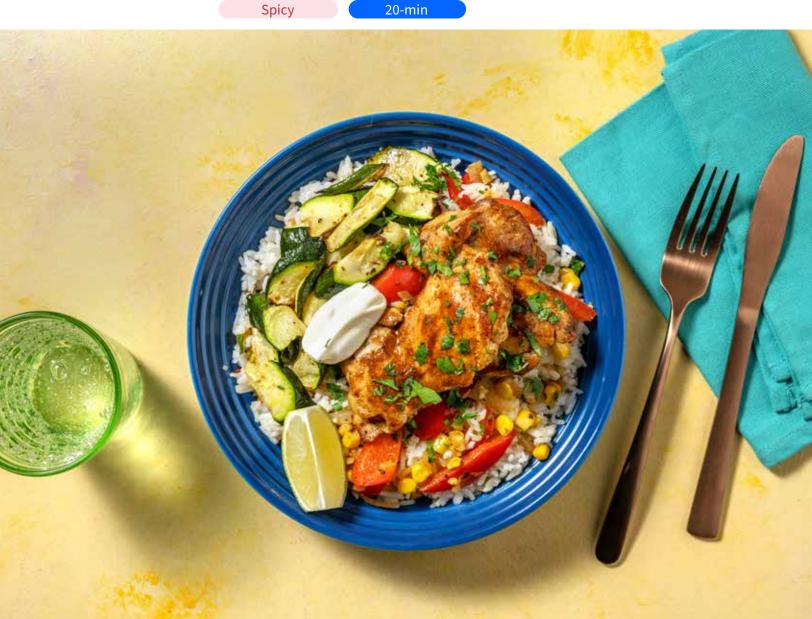


Caribbean-Style Chicken

with Jewelled Rice and Lime Mayo

20-min









Chicken Tenders





Zucchini

Sweet Bell Pepper





Corn Kernels

Onion, chopped





Cilantro







Mayonnaise



Jerk Sauce

Jerk Spice Blend

Garlic Salt

HELLO JERK SPICE

Start here

- Before starting, preheat the oven to 450°F.
- Add 1 ¹/₄ cups (2 ¹/₂ cups) water to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

	Measurements	1 tbsp	(2 tbsp)	oil
١	within steps	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
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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 *	1/4 tsp	½ tsp
Oil*		

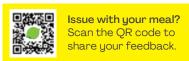
Salt and Pepper*

- * 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.





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.



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.



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.**



Prep and cook veggies

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Heat a large non-stick pan over mediumhigh 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.



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.



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!