



# Caribbean Spiced Chicken and Pepper with Couscous and Tomato Salsa

24

Calorie Smart 20-25 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Chicken Stock Paste



Couscous



Bell Pepper



Garlic Clove



Diced Chicken Breast



Caribbean Style Jerk



Tomato Puree



Mango Chutney



Spring Onion



Lime



Medium Tomato



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, frying pan, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Couscous <b>13</b>	120g	180g	240g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Diced Chicken Breast**	260g	390g	520g
Caribbean Style Jerk <b>9</b>	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Mango Chutney	40g	60g	80g
Spring Onion**	2	3	4
Lime**	1	1	1
Medium Tomato	1	2	2
Diced Chicken Breast**	390g	520g	780g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	424g	100g	489g	100g
Energy (kJ/kcal)	2138 /511	505 /121	2462 /588	504 /120
Fat (g)	5.3	1.3	6.5	1.3
Sat. Fat (g)	1.3	0.3	1.6	0.3
Carbohydrate (g)	69.7	16.5	69.7	14.3
Sugars (g)	21.8	5.1	21.9	4.5
Protein (g)	43.4	10.2	59.1	12.1
Salt (g)	2.93	0.69	3.02	0.62

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ values based on low-cal cooking spray oil.**

## Allergens

**9) Mustard 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Cook the Couscous

Pour the **water for the couscous** (see pantry for amount) and **half the chicken stock paste** into a medium saucepan and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.

Leave to the side for 8-10 mins or until ready to serve.



## Sauce Things Up

Stir the **sugar** and **water for the sauce** (see pantry for both amounts), **mango chutney** and remaining **chicken stock paste** into the pan.

Bring to the boil, then lower the heat and simmer gently until the **sauce** has thickened and the **chicken** is cooked through, 8-10 mins.

**IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Add a splash of **water** if it looks a little too thick.



Weight Watchers



## Get Prepping

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



## Time to Salsa

In the meantime, trim and thinly slice the **spring onions**. Zest and cut the **lime** into wedges.

Cut the **tomato** into 1cm chunks and pop into a medium bowl. Add the **spring onion**, a drizzle of **oil** and a squeeze of **lime juice**. Season with **salt** and **pepper**, then set your **salsa** aside.

Once the **couscous** is ready, fluff it up with a fork and stir through the **lime zest**.



## Fry and Spice the Chicken

Once the **oil** is hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**.

**IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Stir-fry until the **chicken** is browned all over and the **pepper** starts to soften, 5-6 mins.

Add the **garlic**, **Caribbean style jerk** (add less if you'd prefer things milder) and **tomato puree** to the pan. Stir-fry until fragrant, 1 min.

## CUSTOM RECIPE

If you've chosen to upgrade for extra **chicken**, cook the recipe in the same way but cook the **chicken** in batches if the pan seems too crowded.



## Finish and Serve

Once the **sauce** has thickened, add a squeeze of **lime juice** and season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.

Share the **zesty couscous** between your bowls and spoon over the **chicken and pepper stew**.

Top with the **salsa** to finish and serve with any remaining **lime wedges** for squeezing over.

Enjoy!