

Caribbean Style Chicken and Pepper

with Couscous and Tomato Salsa



Quick 20-25 Minutes • Medium Spice • 2 of your 5 a day







Chicken Stock



Bell Pepper



Diced Chicken



Tomato Puree



Spring Onion



Medium Tomato





Garlic Clove

Caribbean Style

BBQ Sauce

Lime









Pantry Items Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

ingi edients			
2P	3P	4P	
20g	30g	40g	
120g	180g	240g	
1	2	2	
2	3	4	
260g	390g	520g	
1 sachet	1 sachet	2 sachets	
30g	45g	60g	
32g	48g	64g	
2	3	4	
1	1	1	
1	2	2	
2P	3P	4P	
220ml	330ml	440ml	
½ tsp	¾ tsp	1 tsp	
150ml	225ml	300ml	
	20g 120g 1 2 260g 1 sachet 30g 32g 2 1 1 2P 220ml ½ tsp	20g 30g 120g 180g 1 2 2 3 260g 390g 1 sachet 1 sachet 30g 45g 32g 48g 2 3 1 1 1 2 2 2P 2P 220ml ½ tsp 30g 130ml ½ tsp 34 tsp	

*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	Per serving	Per 100g
for uncooked ingredient	605g	100g
Energy (kJ/kcal)	2072 /495	343 /82
Fat (g)	5.4	0.9
Sat. Fat (g)	1.3	0.2
Carbohydrate (g)	65.6	10.9
Sugars (g)	14.2	2.3
Protein (g)	43.5	7.2
Salt (g)	2.91	0.48

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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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.



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.



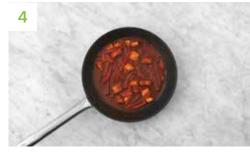
Fry and Spice the Chicken

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

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.

the **pepper** starts to soften, 5-6 mins.



Sauce Things Up

Stir the **sugar** and **water for the sauce** (see pantry for both amounts) and the 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.



Time to Salsa

In the meantime, trim and thinly slice the **spring onion**. 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** and the **lime zest**. Season with **salt** and **pepper**.

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



Finish and Serve

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

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

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!