

Jerk Chicken with Pineapple and 'Rice 'n' Peas'

hellóchef

The 'peas' in traditional West Indian 'rice 'n' peas' are not green peas, but pigeon peas, more often substituted with kidney beans.

Cals 939 • Prot 69 • Carbs 123 • Fat 22

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R2710



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Jerk chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Spring onion	40	60	80	Grams
Lime	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Chilli flakes	2	2	2	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Allspice powder	2	4	4	Grams
Coconut sugar	10	15	20	Grams
Ginger garlic paste	10	15	20	Grams
Dried thyme	2	2	4	Grams
Pineapple slices	140	140	280	Grams
Vegetable oil	1	1	2	Tbsp
Rice 'n peas				
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Water	200	400	400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Red kidney beans	240	240	480	Grams
Vegetable oil	1	1	2	Tbsp
Basmati rice	150	225	300	Grams
Coconut milk	200	200	400	ML
Garnish				
Fresh coriander	15	15	15	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3932 / 939
Fat (g)	22.1
of which saturates (g)	12.1
Carbohydrate (g)	123
of which sugars (g)	17.4
Fiber (g)	16.6
Protein (g)	69.1
Salt (g)	5.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep marinade

Trim and chop the **spring onion** as finely as possible. Juice the **limes** into a large bowl. Add the **olive oil, chilli flakes (spicy!), spring onion, soy sauce, allspice, coconut sugar, ginger garlic paste** and the **dried thyme**. Give everything a good mix up.

Tip! Use a food processor to make the marinade if you have one.



2 Marinate chicken

Place the **chicken** in the **marinade** and turn until fully coated. Set aside.

Tip! Marinate the chicken for up to 24 hours beforehand. Why not barbecue, rather than fry it?



3 Prep vegetables

Peel and finely chop the **red onion**. Peel and crush the **garlic**. Boil the **measured water** and dissolve the **chicken stock cube** in it. Drain and rinse the **kidney beans**.



4 Simmer rice

Heat a wide non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and cook for 5-6 min or until softened. Add the **garlic, rice, kidney beans, coconut milk** and **stock** to the pan. Cover with a lid and simmer for 15-18 min until the water is absorbed and the **rice** is cooked.



5 Fry pineapple

Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the drained **pineapple** rings and cook for 2-4 min on each side or until browned and caramelized. Once browned, transfer them to a plate and keep warm.



6 Fry chicken

Return the pan to a medium heat with a drizzle of **oil**. Lift the **chicken** out of its marinade and fry it for 5 min on each side or until cooked through (don't worry if it chars slightly!). Set aside to rest, slice and serve with the **pineapple** rings over the **peas 'n' rice**. Garnish with the **coriander** leaves.