



Caribbean-Style Chicken Rice Bowl with Sweetcorn and Black Beans

Calorie Smart 20 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day

15



Garlic Clove



Spring Onion



Lime



Coriander



Sweetcorn



Black Beans



Diced Chicken Thigh



Poudre de Colombo



Mango Chutney



Chicken Stock Powder



Coconut Basmati Rice

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 clove
Spring Onion**	2	3	4
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Sweetcorn	1 small tin	¾ large tin	1 large tin
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Thigh**	210g	350g	420g
Poudre de Colombo 9)	1 large pot	1 small & 1 large pot	2 large pots
Mango Chutney	1 sachet	2 sachets	2 sachets
Water*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachet	2 sachet
Coconut Basmati Rice	1 pouch	1½ pouches	2 pouches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2349/562	516/123
Fat (g)	18	4
Sat. Fat (g)	7	1
Carbohydrate (g)	64	14
Sugars (g)	18	4
Protein (g)	34	7
Salt (g)	1.68	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped!

a) Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly.

b) Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all).

c) Drain and rinse the **sweetcorn** and **black beans**.



Cook the Rice

a) Meanwhile, cook the **rice** according to pack instructions.



Start the Chicken

a) Heat a drizzle of **oil** in a large frying pan over high heat.

b) Once hot, add the **chicken** and cook until golden brown, 5-6 mins, stir every 1-2 mins.



Finish Up!

a) Stir the **rice** and **half** the **coriander** through the **chicken mixture**.

b) Taste and add more **salt** and **pepper** if you like.



Add Flavour!

a) Add the **Poudre de Colombo** (add less if you don't like spice) and **garlic** to the **chicken** and cook, stirring, for 1 min.

b) Add the **mango chutney**, **water** (see ingredients for amounts) and **chicken stock powder**. Season with **salt** and **pepper**.

c) Stir through the **beans**, **sweetcorn**, **half** the **lime zest** and **half** the **spring onion**.

d) Mix well and simmer until the **sauce** has reduced by half, 2-3 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Serve

a) Divide the **rice** between your plates and top with the remaining **spring onion**, **coriander** and **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.