



CARIBBEAN STYLE CHICKEN STEW

with Herby Ciabatta



HELLO CIABATTA

The literal translation of the word is slipper due to its elongated random shape. As most things Italian, every region has its own adaptation!



Onion



Carrot



Potato



Coriander



Diced Chicken Thigh



Tomato Purée



Caribbean Jerk Seasoning



Chicken Stock Powder



Ciabatta



Baby Spinach



Soured Cream

Easy and wholesome, our Caribbean Chicken Stew is the perfect one-pot meal for any night of the week. Leaving the stew to simmer means all the flavour can develop with minimal effort, leaving you with a rich and satisfying supper. Served with garlic ciabatta for mopping up all the juices, what's not to love?

40 mins

2 of your 5 a day

Medium heat

MEAL BAG

6

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Saucepan** (with a **Lid**), **Measuring Jug** and a **Large Baking Tray**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 220°C. Halve, peel and finely chop the **onion**. Trim the **carrot**, then halve lengthways (no need to peel) and thinly slice widthways. Peel the **potato** and chop into 1cm chunks. Roughly chop the **coriander** (stalks and all).



2 START COOKING

Heat a drizzle of **oil** in a saucepan on medium high heat. Once hot, add the **chicken pieces** with a pinch of **salt** and **pepper**. Stir and cook until the **chicken** is nicely browned on all sides, 4 mins. Add the **onion** to the pan, and cook until soft, 5 mins, stirring occasionally.



3 ADD THE SPICE

Add the **tomato purée** and **jerk seasoning** (add less if you don't like it too spicy) to the **chicken**. Cook for 1 minute, stirring continuously. Pour in the **water** (see ingredient list for amount), stir in the **stock powder** and add the **carrot** and **potato**. Add a large pinch of **salt** and **black pepper** and stir everything together.



4 SIMMER THE STEW

Cover with a lid (or kitchen foil), reduce the heat to medium low and simmer until the **potato** is cooked, 15 mins, stirring every few minutes. Then remove the lid and cook until the **mixture** has reduced slightly and the **chicken** is cooked, 7-10 more mins.

! IMPORTANT: The chicken is cooked when no longer pink in the middle. **★ TIP:** Add a splash of water if it is a little thick for your liking.



5 BAKE THE BREAD

Meanwhile, mix **half** the **coriander** with the **olive oil** (see ingredient list for amount) and a pinch of **salt** and **pepper**. Halve the **ciabattas** and lay them on a large baking tray. Spread the **herby oil** over the **bread** using the back of a spoon. When the **stew** is 5 mins from being ready, bake your **ciabatta** until golden, 5 mins. Then remove from the oven.



6 FINISH AND SERVE

Once the **stew** is cooked, add the **spinach** in handfuls and stir through to wilt, then remove from the heat. Taste and add more **salt** and **pepper** if you feel it needs it. Share between your bowls and spoon some **soured cream** on top with a sprinkle of the remaining **coriander**. Serve the **ciabatta** alongside the **stew**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Carrot *	1	2	2
Potato *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh *	280g	420g	560g
Tomato Purée	1 sachet	2 sachets	2 sachets
Caribbean Jerk Seasoning	1 small pot	1 small pot	2 small pots
Water for the Stew*	250ml	375ml	500ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Ciabatta 11) 13)	2	3	4
Baby Spinach *	1 small bag	1 small bag	1 large bag
Soured Cream 7) *	1 pot	1 pot	1 pot

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 670G	PER 100G
Energy (kJ/kcal)	3979 / 951	594 / 142
Fat (g)	40	6
Sat. Fat (g)	14	2
Carbohydrate (g)	93	14
Sugars (g)	19	3
Protein (g)	56	8
Salt (g)	2.42	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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