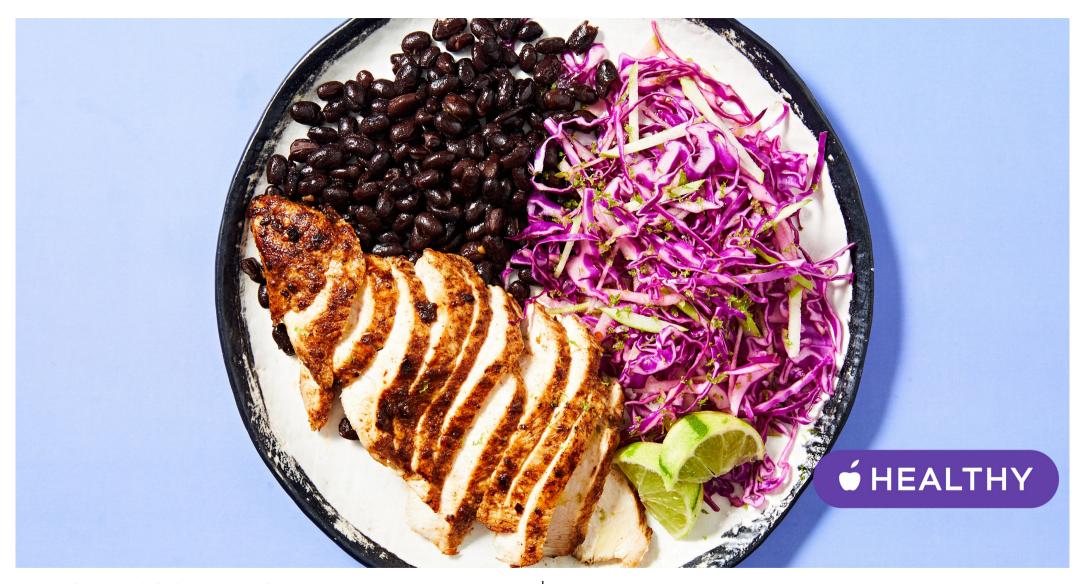
DINNERLY



Jamaican Chicken and Beans

with Lime and Apple Slaw





Escape the winter blues and bring the sunny Caribbean into your kitchen with this chilli-spiced jerk chicken. Honey-sweetened black beans and a zingy lime slaw are the perfect accompaniments.

WHAT WE SEND

. 1,6,17

WHAT YOU NEED

- Australian honey
- olive oil

TOOLS

- fine grater
- · large frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 17.5g, Carbs 29.1g, Proteins 47.9a



1. Marinate chicken

Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Season generously with **salt and pepper**, then coat in **2 tbs jerk seasoning** (the remaining seasoning won't be used in this dish). Set aside to marinate.



2. Prep ingredients

Finely shred the **cabbage**. Cut the **apple** into thin matchsticks (see Kitchen hack). Finely grate the **lime** zest, then juice. Put the cabbage, apple, **lime** zest, **juice** and **2 tbs olive** oil in a large bowl, season with salt and pepper and toss well to combine.



3. Pan-fry chicken

Heat 1 tbs olive oil in a large frypan over medium-high heat. Cook the chicken for 3-4 mins each side until golden and cooked through. Meanwhile, drain and rinse the beans. Remove the chicken from the pan and rest for 3 mins.



4. Cook beans

Return the pan to medium-high heat. Add the beans, 1 tbs honey and 60ml (½ cup) water, season with salt and pepper and cook, stirring, for 3 mins or until warmed through and thickened. Remove the pan from the heat.



5. Serve up

Slice the **chicken**. Divide the **chicken**, **beans** and **slaw** among plates and enjoy.



6. Kitchen hack

Here's an easy way to cut an apple into matchsticks: quarter the apple, remove the cores, then thinly slice. Stack the slices and cut into matchsticks.

