

# DINNERLY



 HEALTHY

## Jamaican Chicken and Beans with Lime and Apple Slaw

 20-30 minutes  4 Servings

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 47.9g



### 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 (¼ 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.