

CARIBBEAN

CARIBBEAN CHICKEN CURRY

Broaden your horizons and celebrate Caribbean food with us today!

INGREDIENTS

70299	Everyday Favourites ground Turmeric	1g
70378	Everyday Favourites ground Coriander	2g
01456	Everyday Favourites garlic puree	12g
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	50ml
93804	Wilsons - Farm Assured 25mm Diced Chicken	1kg
01623	Everyday favourites diced onions	150g
70372	Everyday Favourites Chilli Powder	2g
71355	Maggi Coconut Milk Powder	90g
	Water	620ml
04657	Everyday Favourites chicken bouillon paste	40g
34200	Gustoso Tomato Sauce	200ml
29529	Everyday Favourites Bay Leaves	3
	Butternut squash	500g
	Lime	1
70378	Coriander	10g

METHOD

1. Place turmeric, coriander, garlic puree and half the oil in a bowl and mix together then add the diced chicken and set to one side to marinate.
2. Add the remaining oil add to a pan and heat. Add the onion and chilli powder and cook for 2 minutes then add the chicken mix and brown all over.
3. Mix the coconut powder with the water and the bouillon powder and stir into the pan.
4. Then add the tomato sauce, bay leaves, butternut squash, juice of the lime and allow to simmer for an hour.
5. Chop the coriander and once the chicken is cooked and the sauce is reduced garnish with the coriander and serve



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**JERK CHICKEN
WITH RICE & PEAS**

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INGREDIENTS

72712	Chicken thighs	10
09083	Major Caribbean jerk mari-base	200g
44116	Jerk Paste	30g
03435	Vegetable oil	100ml
75585	Cooking onion 60-88mm	3
04291	Everyday Favourites long grain rice	850g
	Water	1ltr
18853	Rich & creamy coconut milk	1ltr
03350	Everyday Favourites red kidney beans	800g
70349	Thyme	50g

METHOD

1. Marinade the chicken in the mari-base and seasoning for at least 2 hours.
2. Pan-fry or grill to get a caramelised coating on the meat and finish in the oven.
3. Heat the oil and sweat off the diced onions, add the rice, coconut milk and water and bring to the boil.
4. Add the kidney beans and thyme, simmer for 20 minutes until the rice is cooked, season and garnish with coriander and serve with the chicken pieces.
5. Chop the coriander and once the chicken is cooked and the sauce is reduced garnish with the coriander and serve

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