



IN YOUR BOX

- 5.6 fl. oz. Coconut Milk
- 1 Ripe Plantain with Black Spots
- 6 Chives
- 4 oz. Kale
- 2 Bone-in Skin-On Chicken Breasts
- ½ cup Jasmine Rice
- ½ oz. Light Brown Sugar
- 2 fl. oz. Jerk Sauce

CONTAINS: tree nuts (coconuts)
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

NUTRITION per serving 83g carbohydrates 35g fat 52g protein 1566mg sodium



Calories
847



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Expert



Spice Level
Mild

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Mixing Bowl
- Large Oven-Safe Non-Stick Pan
- Medium Non-Stick Pan



CUSTOMER FAVORITE

Jerk Chicken and Brown Sugar Plantains

with coconut rice and kale

www.homechef.com/2723

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Shake **coconut milk** before opening can

WHILE YOU COOK

- ❑ This recipe only calls for using half the **coconut milk**. Use the other half in your smoothie, or any way you'd like.
- ❑ Be careful! Pan handle will be very hot after pan is removed from oven. Keep a dry towel around handle as a reminder.
- ❑ **Spice Alert!** **Jerk sauce** contains cayenne pepper that adds a touch of spice. Taste before applying to **chicken** and adjust amount to your preference.

FROM THE CHEF

Plantain will be yellow with black spots on its skin, which indicates ripeness—that's what you want!

Did you know...

The origins of Jamaican jerk are a bit murky, but there is probably a connection between the traditional method of roasting meat over a fire and drying out strips for easy travel purposes... jerky!



1

Prepare the Ingredients

Trim ends off **plantain** and make a slit down the side. Push your thumbs between skin and flesh of plantain and peel skin away. Cut plantain into ¼” slices on an angle. Mince **chives**. Stem **kale** and coarsely chop. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Rice

Bring a small pot with **rice**, half the **coconut milk**, ½ cup **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes. Remove from burner, fluff with a fork, and set aside. While rice cooks, sear chicken.



3

Sear and Roast Chicken

Toss **plantains** with ½ tsp. **olive oil**, **brown sugar**, and ¼ tsp. **salt** in a mixing bowl. Heat a large non-stick oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken**, skin side down, to hot pan and cook until skin is golden brown, 4-5 minutes. Flip chicken to skin side-up, and cook 3 minutes.



4

Cook the Plantains

Flip **chicken** skin side down again, and add **plantain slices**. Place pan in oven and roast 8 minutes. Carefully, flip plantains and roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes. Carefully, remove pan from oven (handle will be hot). Transfer chicken and plantains to a plate and set aside. While chicken cooks, sauté kale.



5

Sauté the Kale

Heat a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **kale** to hot pan. Stir occasionally until just wilted, 2-3 minutes. Season with a pinch of **salt** and **pepper** and set aside.



6

Finish the Dish

Plate dish as pictured on front of card, saucing **chicken** with **jerk sauce** and garnishing meal with **chives**. Bon appétit!