

DINNERLY



Low-Cal Jerk Chicken & Pineapple with Coconut Rice & Cucumber Relish



25min



2 Servings

Doesn't matter what the weather's like outside your window when you have this bright and sunny bowl of goodness in front of you. Chicken and pineapple get the jerk treatment—an earthy blend of spices that hails from the Caribbean. That's already a whole lotta flavor, but it couldn't go better with fluffy coconut rice and zingy marinated cucumbers. We've got you covered!

WHAT WE SEND

- ½ oz unsweetened shredded coconut ¹⁵
- 5 oz jasmine rice
- 1 cucumber
- 2 scallions
- ½ lb pkg chicken breast strips
- ¼ oz jerk seasoning ¹⁶
- 4 oz pineapple cup

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- sugar
- garlic
- apple cider vinegar (or white wine vinegar)

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 690kcal, Fat 29g, Carbs 80g, Protein 32g



1. Toast coconut

Heat **1 tablespoon oil** in a small saucepan over medium-high until shimmering. Add **coconut** and toast, stirring, until golden-brown and fragrant, 1–2 minutes (watch closely as it may burn easily).



2. Cook rice

To saucepan with **coconut**, add **rice**, **1¼ cups water**, and **½ teaspoon each of salt and sugar**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm off heat until ready to serve.



3. Make cucumber relish

Finely chop **½ teaspoon garlic**. Halve **cucumber** lengthwise (peel if desired); scoop out seeds, then cut into small ½-inch pieces. Trim **scallions**, then thinly slice.

In a medium bowl, whisk to combine **2 tablespoons vinegar**, **1 tablespoon each of oil and water**, **1 teaspoon sugar**, and **½ teaspoon salt**. Stir in cucumbers and chopped garlic; set aside to marinate until ready to serve.



4. CHICKEN VARIATION

Pat **chicken** dry. Season with **jerk seasoning**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook, stirring occasionally, until browned in spots and almost cooked through, 3–4 minutes. Add **pineapple and its juices**; cook, stirring occasionally, until thickened and saucy, about 4 minutes.



5. Finish & serve

Fluff **rice** with a fork. Stir **scallions** into **relish**.

Serve **jerk chicken and pineapple** over **coconut rice** with **cucumber relish** alongside. Enjoy!



6. Lime juice!

Nothing brightens up a dish like a little citrus, so cut some lime wedges for squeezing over top!