10-15-13

**In the box**

Carrots (3)

Lemon (1)

Green Onions (small bunch)

Ginger Root (small segment)

Jasmine Rice (3/4 c)

Cilantro (bunch)

Coconut Milk (? oz)

Chicken Breasts (3 x 4 oz) 🡨not sure if we’ve been including the size

Jerk Seasoning (2 tsp)

Kale (bunch)

Shallot (1)

Dessert (TBD)

**In the kitchen**

Olive oil

Salt

Pepper

**Marinated Carrots**

Finely slice white and light green parts of 2-3 green onions. Peel skin of ginger with vegetable peeler or side of spoon. Finely mince or grate ginger.

Put sliced green onions, ginger (about 1 tablespoon), 2 tablespoons olive oil, and juice of half of lemon (about 2 tablespoons) in a shallow bowl. Whisk together with fork.

Rinse and peel carrots. Remove ends. Cut into 2-3 inch segments and half or quarter lengthwise. Place to bowl with dressing and toss to coat. Add salt and pepper to taste. Let marinate for at least 10-15 minutes.

**Jerk Chicken**

Remove chicken breasts from packaging and pat dry. Slice into long, thin strips of similar thickness (for even cooking time). In a bowl, toss chicken with 1 teaspoon of jerk seasoning until evenly coated. It may not seem like much, but the seasoning is very spicy. Increase or decrease seasoning amount based on your preference for spiciness (3/4 teaspoon for milder, up to 2 teaspoons for very spicy).

Preheat large skillet with 2 tablespoons of olive oil over medium heat. Cook chicken about 3-5 minutes per side until slightly browned and cooked through. Work in batches if necessary to avoid crowding your pan (to ensure browning).

**Coconut Cilantro Rice**

In a medium pot, add rice, 3/4 cup coconut milk, 3/4 cup water, and 1/2 teaspoon salt. Bring to boil over medium-high heat. When boiling, stir, cover, and reduce heat to simmer. Cook until liquid is absorbed and rice is fluffy, about 20 minutes.

Rinse cilantro and remove leaves from stems. Roughly chop and stir into cooked rice. Add an additional splash of water or coconut milk if rice is too sticky.

**Kale-aloo**

Rinse kale and remove leafy parts from thick stems. Roughly chop. Peel and dice shallot.

Preheat large skillet to medium heat with 2 tablespoons olive oil. Add shallot and a pinch salt. Cook shallot until starting to turn translucent, 3-4 minutes.

Add kale to pan and cook 1-2 minutes, stirring/tossing regularly, until bright green. Add 1/2 cup coconut milk and 1/4 cup water to pan. Let kale simmer, stirring occasionally, until tender and liquid reduces down, about 8-10 minutes (??).

Remove kale from heat. Toss with juice from the other half of lemon, and season to taste with salt and pepper.

**Dessert**

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**Fun Fact** about Callaloo

**Note** about spicy jerk seasoning (included in instructions above)—might not be bad to have something in both places