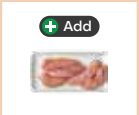




# BBQ Protein Shred Jerk Bowl

with Mango Salsa and Rice

Veggie Spicy 30 Minutes



Chicken Breast Tenders  
310 g | 620 g

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



Plant-Based Protein Shreds  
200 g | 400 g



BBQ Sauce  
4 tbsp | 8 tbsp



Parboiled Rice  
¾ cup | 1 ½ cups



Black Beans  
1 | 2



Garlic, cloves  
2 | 4



Mango  
1 | 2



Red Onion  
1 | 1



Cilantro  
7 g | 14 g



Lime  
1 | 2



Jerk Spice Blend  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Plant-based butter, oil, salt, pepper, sugar

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, strainer, zester

1



## Prep

• Before starting, wash and dry all produce.

- Peel, then grate or mince **garlic**.
- Peel, then chop **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Drain, then rinse **beans**.

2



## Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **plant-based butter**, then **half the chopped onions**, **half the garlic** and **rice**. Cook, stirring often, until **onions** soften, 2-3 min.
- Add **1 cup** (2 cups) **water**, **½ tsp** (¼ tsp) **salt** and **beans** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove from heat. Set aside, still covered.

3



## Finish Prep

- Meanwhile, peel, pit, then cut **mango** into ½-inch pieces.
- Zest, then juice **lime**.
- Roughly chop **cilantro**.
- Pat **protein shreds** dry with paper towels.

4



## Cook protein shreds

🕒 Add | **Chicken Breast Tenders**

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **protein shreds**, **Jerk Spice Blend** and **remaining garlic**. Cook, tossing occasionally, until crispy, 6-8 min.\*\*
- Season with **salt** and **pepper**.
- Add **BBQ sauce**. Remove pan from heat. Stir constantly, until **shreds** are coated and **sauce** thickens slightly, 2-3 min.

5



## Make salsa

- Meanwhile, add **mango**, **remaining chopped onions**, **half the cilantro**, **½ tbsp** (1 tbsp) **oil**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **lime juice** to a medium bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.
- Set aside.

6



## Finish and serve

- Fluff **rice** with a fork. Stir in **lime zest** and **remaining cilantro**.
- Divide **rice** between bowls.
- Top with **protein shreds** and **mango salsa**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 4 | Cook protein shreds and chicken

🕒 Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels and cut into 1-inch pieces. Add to the pan with **protein shreds** and cook until cooked through, 6 to 8 min.\*\* Continue with the rest of the recipe as written.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.