



Mango-Glazed Caribbean-Style Chicken

with Creamy Coleslaw and Green-Onion Lime Rice

Family Friendly 35 Minutes



Swap



Chicken Thighs
280 g | 560 g

Customized Protein + Add Swap or x2 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](https://www.hellofresh.ca)



Chicken Breasts
2 | 4



Basmati Rice
¾ cup | 1 ½ cup



Coleslaw Cabbage Mix
170 g | 340 g



Green Onion
1 | 2



Lime
1 | 1



Mango Chutney
4 tbsp | 8 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Jerk Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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 | Pepper, salt, unsalted butter, oil, sugar

Cooking utensils | Baking sheet, large bowl, 2 large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, whisk, zester

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Sear and roast chicken

🔄 Swap | [Chicken Thighs](#)

🔄 Swap | [Tofu](#)

- Meanwhile, pat **chicken** dry with paper towels, then season all over with **Jerk Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**
- Set **chicken** aside to rest for 5 min.

4



Cook glaze

- Reheat the same pan (from step 2) over medium.
- When hot, add **soy sauce**, **mango chutney** and **2 tbsp** (4 tbsp) **water**. Season with **pepper**.
- Remove from heat.

5



Flavour rice

- Meanwhile, thinly slice **green onions**.
- Fluff **rice** with a fork, then add **half the green onions** and **remaining lime zest**.

3



Make coleslaw

- Meanwhile, zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **mayo**, **lime juice**, **half the lime zest**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **coleslaw cabbage mix** to bowl with dressing. Toss to coat.

6



Finish and serve

🔄 Swap | [Tofu](#)

- Thinly slice **chicken**.
- Divide **rice**, **chicken** and **coleslaw** between plates.
- Spoon **glaze from the pan** over **chicken** and sprinkle with **remaining green onions**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

2 | Sear and roast chicken

🔄 Swap | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts****

2 | Sear and roast tofu

🔄 Swap | [Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE**: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear and roast **tofu** in the same way the recipe instructs you sear and roast the **chicken breasts**,** until golden.

6 | Finish and serve

🔄 Swap | [Tofu](#)

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* 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, as size may vary.