

HELLO Mango-Glazed Caribbean-Style Chicken with Crosmu Coloslaw and Groop Opion Lime Pice

with Creamy Coleslaw and Green Onion-Lime Rice

Spicy

35 Minutes





Customized Protein Add







×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 降









Chicken Breasts 2 4

3/4 cup | 1 1/2 cups







Green Onion

shredded 56 g | 113 g

1 | 2





1 | 1

Mango Chutney 4 tbsp | 8 tbsp







2 tbsp | 4 tbsp

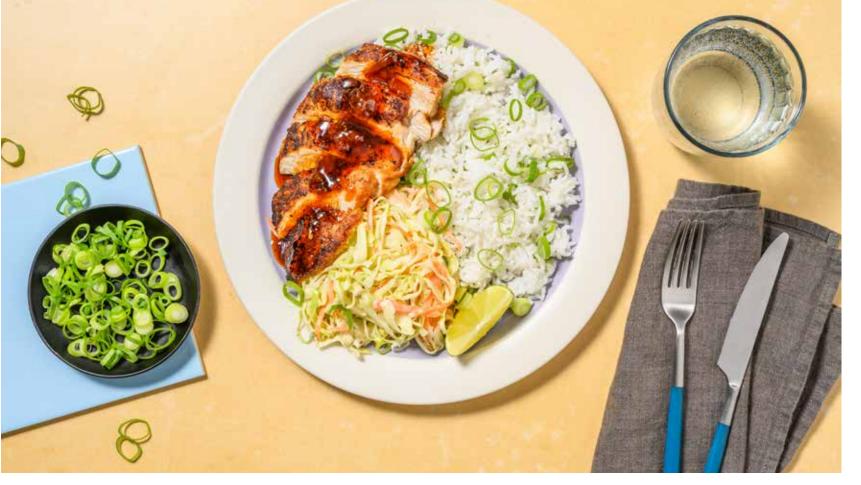
Jerk Spice Blend 1 tbsp | 2 tbsp



Soy Sauce 1 tbsp | 2 tbsp



Carrot, julienned 56 g | 113 g



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



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 1/8 tsp (1/4 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.



Sear and roast chicken

🗘 Swap | Chicken Thighs

🔀 Double | Chicken Breasts

- 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.



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 cabbage and carrots to the bowl with dressing. Toss to coat.



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.



Flavour rice

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



Finish and serve

- · 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

oil

2 | Sear and roast chicken

O 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 chicken

🔽 Double | Chicken Breasts

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the regular portion of chicken. Work in batches, if necessary.

- 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.