



Mango Chutney Chicken Curry

with Crispy Chana Dal

Spicy

30 Minutes

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](https://www.hellofresh.ca)

Swap



Chicken Breasts*
2 | 4

Swap



Tofu
1 | 2



Chicken Breast, Diced*
310 g | 620 g



Indian Spice Mix
1 tbsp | 2 tbsp



Mango Chutney
4 tbsp | 8 tbsp



Curry Paste
2 tbsp | 4 tbsp



Sweet Bell Pepper
1 | 2



Zucchini
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Cilantro
7 g | 14 g



Chana Dal
28 g | 56 g



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.

1



Cook rice

- Before starting, wash and dry all produce.

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook veggies

- Return the same pan to medium-high.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **peppers** and **zucchini**. Cook, stirring occasionally, until slightly softened, 1-2 min. Season with **salt** and **pepper**.
- Add **remaining Indian Spice Mix** and **curry paste**. Cook, stirring often, until fragrant, 30 sec.

2



Prep

Swap | Chicken Breasts

Swap | Tofu

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Pat **chicken** dry with paper towels.
- Add **chicken**, **half the Indian Spice Mix** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then flip **chicken** to coat.

5



Finish chicken

Swap | Tofu

- Add **chicken**, **mango chutney** and ⅓ cup (⅔ cup) **water** to the pan with **veggies**. Cook, stirring often, until **sauce** comes to a simmer.
- Once simmering, reduce heat to medium.
- Simmer, stirring occasionally, until **chicken** is cooked through, 3-4 min.** (TIP: If sauce reduces too much, add water to the pan, 1 tbsp at a time, until desired consistency is reached.)
- Season with **salt** and **pepper**.

3



Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (NOTE: Don't overcrowd the pan. Cook in batches, using ½ tbsp oil per batch, if necessary.)
- Sear until **chicken** is golden-brown, 1-2 min per side. (NOTE: It's okay if chicken doesn't cook all the way through in this step.)
- Remove the pan from heat. Transfer **chicken** to a plate.

6



Finish and serve

- Add **half the cilantro** and **2 tbsp** (4 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **rice** between plates. Spoon **mango chutney chicken** over top.
- Sprinkle with **chana dal** and **remaining cilantro**.

2 | Prep

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **diced chicken**.

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

3 | Cook tofu

Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. (NOTE: Don't overcrowd the pan. Cook in batches, using 1 tbsp oil per batch, if necessary.) Cook, turning occasionally, until crispy and golden all over, 6-7 min. Remove the pan from heat. Transfer **tofu** to a plate.

5 | Finish tofu

Swap | Tofu

Simmer **curry**, stirring occasionally, until thickened slightly, 3-4 min.

♦ 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.