

HELLO SuperQuick Mango Chutney-Chicken Bowls

with Cashews and Indian-Style Pilaf

×2 Double

15 Minutes





Chicken Breasts 4

Chicken Breast Tenders •

Basmati Rice 310 g | 620 g 3/4 cup | 1 1/2 cups



Green Peas



56 g | 113 g



Cashews, chopped 28 g | 56 g



Mango Chutney 2 tbsp | 4 tbsp



Chicken Stock Powder 1 tbsp | 2 tbsp



Indian Spice Mix 1 tbsp | 2 tbsp



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



Allengens 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. Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and half the stock powder to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once the water is boiling, add rice and peas, 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.



Prep and cook chicken

🗘 Swap | Chicken Breasts

O Swap | Tofu

- Heat a large non-stick pan over medium heat.
- Meanwhile, pat chicken dry with paper towels. Season with Indian Spice Mix, salt and pepper.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken.
- Sear until golden and cooked through,
 3-4 min per side.***

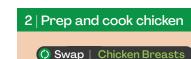


Glaze chicken

O Swap | Chicken Breasts

🗘 Swap | Tofu

- Add half the mango chutney (use all for 4 ppl), remaining stock powder, % tsp (¼ tsp) pepper and 2 tbsp (4 tbsp) water to the same pan.
- Cook, stirring often, until **glaze** thickens and **chicken** is coated, 1-2 min.



Measurements

within steps

If you've opted to get **chicken breasts**, cut them into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

1 tbsp

2 person

4 person

oil

Ingredient

2 | Prep and cook 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**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.

3 | Glaze tofu

O Swap | Tofu

Glaze and plate **tofu** in the same way the recipe instructs you to glaze and plate the **chicken**.



Finish and serve

- Meanwhile, finely chop cilantro.
- Fluff rice with a fork, then stir in half the cilantro.
- Divide rice and chicken between bowls.
- Spoon any remaining glaze over chicken.
- Sprinkle with cashews and remaining cilantro.

- * 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.