



SuperQuick Mango Chutney-Chicken Bowls

with Cashews and Indian-Style Pilaf

15 Minutes

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

↻ Swap	↻ Swap
Chicken Breasts ⁺	Tofu
2 4	1 2



Chicken Breast Tenders ⁺	Basmati Rice
310 g 620 g	3/4 cup 1 1/2 cups
Green Peas	Cilantro
56 g 113 g	7 g 7 g
Cashews, chopped	Mango Chutney
28 g 56 g	2 tbsp 4 tbsp
Chicken Stock Powder	Indian Spice Mix
1 tbsp 2 tbsp	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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Pepper, salt, oil

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

1



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.

2



Prep and cook chicken

- ◌ Swap | **Chicken Breasts**
 - ◌ 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.**

3



Glaze chicken

- ◌ Swap | **Chicken Breasts**
 - ◌ Swap | **Tofu**
- Add **half the mango chutney** (use all for 4 ppl), **remaining stock powder**, ⅛ **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.

4



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.

Measurements
within steps

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

2 | Prep and cook chicken

◌ Swap | **Chicken Breasts**

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**.

2 | Prep and cook tofu

◌ 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**. 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

◌ Swap | **Tofu**

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