

HELLO Mango Chutney Chicken Curry with Crispy Chana Dal

Spicy

30 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











310 g | 620 g







Mango Chutney



4 tbsp | 8 tbsp

Curry Paste 2 tbsp | 4 tbsp





1 2

Pepper



Basmati Rice



34 cup | 1 1/2 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. Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels



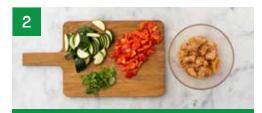
Cook rice

- · Before starting, wash and dry all produce.
- Add rice, 1 ¼ cups (2 ½ cups) water and
 ½ 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.



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.



Prep

🗘 Swap | Chicken Breasts

O 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.



Finish chicken

🗘 Swap | Tofu

- Add chicken, mango chutney and ½ cup
 (¾ 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**.



Cook chicken

O 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.



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.

Measurements within steps



p) oil on Ingredient

4 person Ingredien

2 | Prep

O 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

O 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

O Swap | Tofu

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