

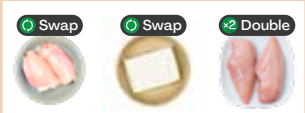


Mango Glazed Caribbean-Style Chicken

with Creamy Coleslaw and Green Onion-Lime Rice

Family Friendly

25-35 Minutes



Chicken Thighs ⁺
280 g | 560 g

Tofu
1 | 2

Chicken Breasts ⁺
4 | 8

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



Chicken Breasts ⁺
2 | 4

Basmati Rice
¾ cup | 1 ½ cups

Green Cabbage, shredded
56 g | 113 g

Green Onion
1 | 2

Lime
1 | 1

Mango Chutney
4 tbsp | 8 tbsp

Mayonnaise
2 tbsp | 4 tbsp

Jerk Spice Blend ⁺
1 tbsp | 2 tbsp

Soy Sauce
1 tbsp | 2 tbsp

Carrot, julienned
56 g | 113 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.

Pantry items | Pepper, salt, unsalted butter, oil, sugar

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

1



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 **½ tsp** (¼ 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.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

*2 Double | **Chicken Breast**

- 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.

4



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.

5



Flavour rice

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

3



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.

6



Finish and serve

🔄 Swap | **Tofu**

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

2 | Cook chicken

🔄 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 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (**NOTE**: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. (**NOTE**: Don't overcrowd the pan; cook tofu in 2 batches if needed.) Cook until golden, 1-2 min per side. Bake in the **middle** of the oven until **tofu** is golden and tender, 6-8 min.

2 | Cook chicken

*2 Double | **Chicken Breast**

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.

6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* 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.