

HELLO Mango-Glazed Caribbean-Style Chicken With Creamy Coleslaw and Green Opion-Lime Rice

with Creamy Coleslaw and Green Onion-Lime Rice

Spicy

30 Minutes











2 | 4







Green Onion

Cabbage Mix 170 g | 340 g







Mango Chutney 4 tbsp | 8 tbsp



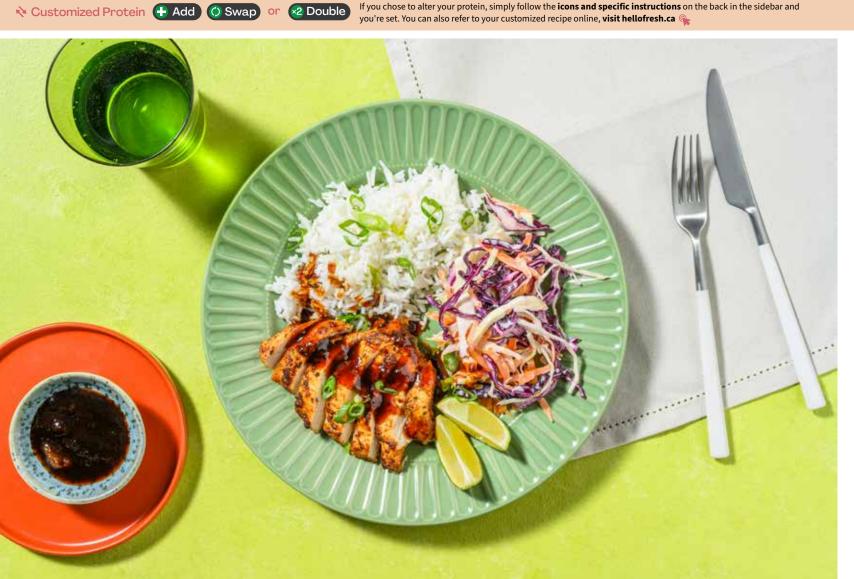
Mayonnaise 2 tbsp | 4 tbsp



1 tbsp | 2 tbsp



Soy Sauce 1 tbsp | 2 tbsp



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



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 1/8 tsp (1/4 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.



Sear and roast chicken

🔘 Swap | Chicken Thighs

O Swap | Tofu

🔀 Double | Chicken Breasts

- 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.
- When hot, add 1/2 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.
- Roast in the middle of the oven until chicken is cooked through, 10-12 min.**
- Set chicken aside to rest for 5 min.



Make coleslaw

- Meanwhile, zest, then juice half the lime (use 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 coleslaw cabbage mix to the bowl with dressing. Toss to coat.



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.



Flavour rice

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



Finish and serve

O 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

4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Sear and roast chicken

Swap | Chicken Thighs

If you've opted to get chicken thighs, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken** breasts.

2 | Sear and bake tofu

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** 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 in 2 batches if needed.) Cook until golden, 1-2 min per side. Roast tofu in the middle of the oven until tofu is tender and golden, 6-8 min.

2 | Sear and roast chicken

2 Double | Chicken Breasts

If you've opted for **double chicken breasts**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular** portion of chicken breasts. Work in batches. if necessary.

6 | Finish and serve

O 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.