



# SuperQuick Mango Chutney Chicken Bowls

## with Cashews and Indian-Style Pilaf

Spicy

Protein Plus

15 Minutes

Swap



Chicken Breasts  
2 | 4

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



Chicken Breast Tenders  
310 g | 620 g



Basmati Rice  
¾ cup | 1 ½ cups



Green Peas  
56 g | 113 g



Cilantro  
7 g | 7 g



Cashews, chopped  
28 g | 56 g



Mango Chutney  
2 tbsp | 4 tbsp



Chicken Stock Powder  
1 tbsp | 2 tbsp



Indian Spice Mix  
½ tbsp | 1 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.

Pantry items | Pepper, salt, oil

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

1



## Cook rice

- Before starting, to a medium pot, add 1 cup (2 cups) water and half the stock powder. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- When the water is almost at a boil, using a strainer, rinse **rice** until water runs clear.
- To the boiling water, add **rice** and **peas**, then reduce heat to low. Cover and cook for 12-15 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

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**.

2



## Prep and cook chicken

Swap | **Chicken Breasts**

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

3



## Glaze chicken

- To the same pan, add **half the mango chutney** (use all for 4 servings), **remaining stock powder**, **¼ tsp** (¼ tsp) **pepper** and **2 tbsp** (4 tbsp) **water**.
- Cook for 30 sec, stirring often, until **glaze** thickens and **chicken** is coated.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

### For 6 servings

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 | Prep and cook chicken

Swap | **Chicken Breasts**

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

\* 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 165°F, as size may vary.