

HELLO SuperQuick Mango Chutney Chicken Bowls

with Cashews and Indian-Style Pilaf

Spicy

Protein Plus

15 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 🎥









310 g | 620 g

3/4 cup | 1 1/2 cups



Green Peas



56 g | 113 g





Cashews. chopped 28 g | 56 g



2 tbsp | 4 tbsp



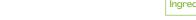
Chicken Stock Powder 1 tbsp | 2 tbsp



Indian Spice Mix

½ tbsp | 1 tbsp

Allengens 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 non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer



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.



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.



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 1/2 tbsp (1 tbsp) oil, then chicken.
- Sear for 3-4 min per side, until golden and cooked through.**



Glaze chicken

- To the same pan, add half the mango **chutney** (use all for 4 servings), **remaining** stock powder, 1/8 tsp (1/4 tsp) pepper and 2 tbsp (4 tbsp) water.
- Cook for 30 sec, stirring often, until glaze thickens and chicken is coated.

Measurements within steps

oil

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.