

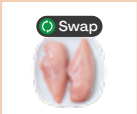


Mango Chutney Chicken Bowls

with Cashews and Indian-Style Pilaf

Super Quick

15 Minutes



Chicken Breasts
2 | 4

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 Breast Tenders
340 g | 680 g



Basmati Rice
¼ cup | 1 ½ cups



Green Peas
56 g | 113 g



Cilantro
7 g | 7 g



Cashews
28 g | 56 g



Mango Chutney
2 tbsp | 4 tbsp



Chicken Stock Powder
1 tbsp | 2 tbsp



Indian Spice Mix
1 tbsp | 2 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 | Oil, salt, pepper

Cooking utensils | Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and half the stock powder to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Once the **water** is boiling, add **rice** and **peas**, 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



Prep and cook chicken

- 🔄 Swap | **Chicken Breasts**
- Heat a large non-stick pan over medium heat.
 - Meanwhile, pat **chicken** dry with paper towels.
 - Season with **Indian Spice Mix**, **salt** and **pepper**.
 - When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken tenders**.
 - Sear until golden-brown and cooked through, 3-4 min per side.**

3



Glaze chicken

- Add **half the mango chutney** (use all for 4 ppl), **remaining stock powder**, ⅛ **tsp** (¼ **tsp**) **pepper** and **2 tbsp** (4 **tbsp**) **water** to the same pan.
- Cook, stirring often, until **sauce** thickens and **chicken** is coated, 1-2 min.

4



Finish and serve

- Meanwhile, finely chop **cilantro**.
- Fluff **rice** with a fork, then stir **half the cilantro** into **rice**.
- Divide **rice** and **chicken** between bowls.
- Spoon **any remaining sauce** in the pan over top of **chicken**.
- Sprinkle with **cashews** and **remaining cilantro**.

* 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.

Measurements
within steps

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

2 | Prep and cook chicken breasts

🔄 Swap | **Chicken Breasts**

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



Issue with your meal? Scan the QR code to share your feedback.