

# HELLO Mango-Glazed Caribbean-Style Chicken

with Creamy Coleslaw and Green-Onion Lime Rice

30 Minutes





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 🎥

Chicken Thighs 285 g | 570 g







Chicken Tenders 310 g | 620 g

3/4 cup | 1 ½ cups



Coleslaw Cabbage



170 g | 340 g

1 | 2





Mango Chutney 4 tbsp | 8 tbsp



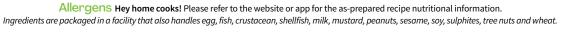


2 tbsp | 4 tbsp

1 tbsp | 2 tbsp



1 tbsp | 2 tbsp



Cooking utensils | Baking sheet, measuring spoons, zester, aluminum foil, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels



#### Cook rice

- Before starting, preheat the broiler to high.
- · 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.



#### **Broil chicken**

Swap | Chicken Thighs

#### 🗘 Swap | Tofu

- Meanwhile, pat chicken dry with paper towels.
- Toss chicken with 1 tbsp (2 tbsp) oil, then season all over with Jerk Spice Blend on a foil-lined baking sheet. Season with salt and pepper.
- Broil in the middle of the oven until cooked through, 8-10 min.\*\*



#### 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 coleslaw cabbage mix to bowl with dressing. Toss to coat.



#### Glaze chicken

- Heat a large non-stick pan over medium heat.
- When hot, add soy sauce, mango chutney and 2 tbsp (4 tbsp) water.
- Season with pepper, then add cooked chicken. Bring to a simmer.
- Cook, flipping chicken occasionally, until glaze thickens slightly, 2-3 min.
- 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

- Divide rice, chicken and coleslaw between plates.
- Spoon any remaining glaze from the pan over top and sprinkle remaining green onions over chicken.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps

2 person 4 person

sp) oil

## 2 | Broil chicken thighs

### Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and season them in the same way the recipe instructs you to prepare and season the **chicken tenders**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer to a foil-lined baking sheet. Broil in the **middle** of the oven until cooked through, 5-6 min.\*\* Reuse the same pan in step 4 to glaze **chicken**.

#### 2 Cook tofu

#### Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 tofu "steak" squares). Season with **salt**, **pepper** and **Jerk Spice Blend**. Heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until crispy, 2-3 min per side. Reuse the same pan to glaze **tofu** in step 4.