



Mango-Glazed Caribbean-Style Chicken

with Creamy Coleslaw and Green Onion-Lime Rice

Protein Plus

Spicy

30 Minutes

Swap **Double**

Chicken Thighs ⁺
280 g | 560 g

Chicken Breasts ⁺
4 | 8

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 Breasts ⁺
2 | 4

Basmati Rice
¼ cup | 1 ½ cups

Coleslaw Cabbage Mix
170 g | 340 g

Green Onion
1 | 2

Lime
1 | 1

Mango Chutney
4 tbsp | 8 tbsp

Mayonnaise
2 tbsp | 4 tbsp

Jerk Spice Blend [🔥]
1 tbsp | 2 tbsp

Soy Sauce
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.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Pepper, salt, butter, oil, sugar

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- To a medium pot, add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt**.
- Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Sear and roast chicken

- ◌ Swap | **Chicken Thighs**
- ×2 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 **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook chicken in 2 batches, if needed.) Cook for 1-2 min per side, until golden.
- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven for 10-12 min, until **chicken** is cooked through.**
- Set **chicken** aside to rest for 5 min.

3



Make coleslaw

- Meanwhile, zest, then juice **half the lime** (use whole lime for 4 servings). Cut **any remaining lime** into wedges.
- To a large bowl, add **mayo**, **lime juice**, **half the lime zest**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- To the bowl with the **dressing**, add **coleslaw cabbage mix**. Toss to coat.

4



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.

5



Flavour rice

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

6



Finish and serve

- 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

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 | Sear and roast chicken

◌ Swap | **Chicken Thighs**

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

2 | Sear and roast chicken

×2 Double | **Chicken Breasts**

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

♦ 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.