

# SuperQuick Mango Chutney Chicken Bowls

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

with Cashews and Indian-Style Pilaf

15-Minute Dinner

Spicy

15 Minutes





Breast 4



Chicken Breast Tenders •



310 g | 620 g

3/4 cup | 1 1/2 cups



Green Peas



56 g | 113 g

7g | 7g



Cashews, chopped



28 g | 56 g



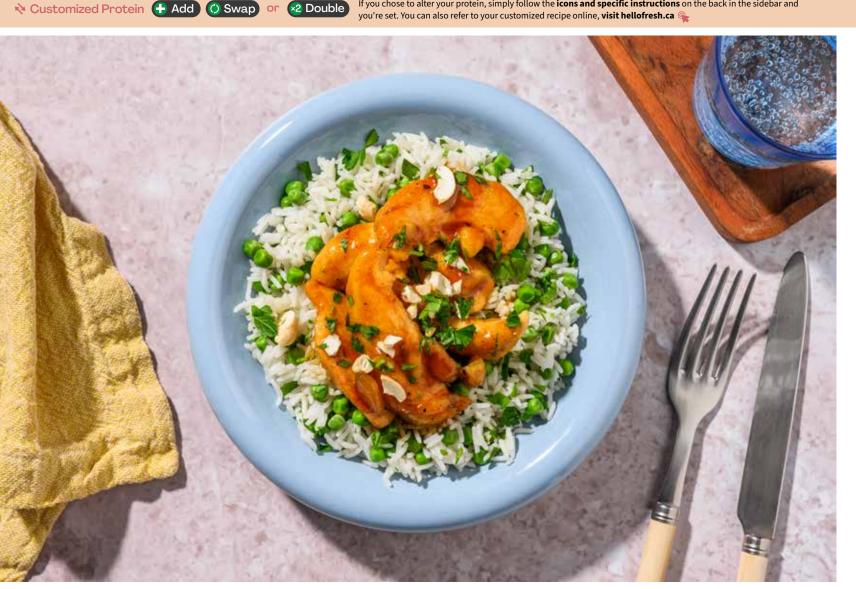


Chicken Stock Powder 7.5 g | 15 g



Indian Spice Mix

5 g | 10 g



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



### 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. 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.



# Prep and cook chicken

Chicken Breasts 🗘 Swap 🛭

#### 🚫 Swap| Tofu 🕽

- Heat a large non-stick pan over medium heat.
- 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.\*\*



# 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.

2 | Prep and cook tofu

visual and temperature cues.

2 | Prep and cook chicken

O Swap | Chicken Breasts

If you've opted to get chicken breasts, cut

in the same way the recipe instructs you to

prepare and cook chicken breast tenders.

into 1-inch wide strips, then prepare and cook

### O Swap | Tofu

Measurements

within steps

For 6 servings

oil

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke tofu all over, then cut into 1-inch pieces. Season tofu the same way the recipe instructs you to season chicken. When the pan is hot, add 1 tbsp (2 tbsp) oil, then tofu. Cook for 6-7 min, turning occasionally, until crispy and browned all over.

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



## 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.

- \* 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.