



# Baked Mango Chutney Chicken

## with Roasted Veggies and Cilantro Rice

Family Friendly

30 Minutes



Chicken Breasts



Mango Chutney



Indian Spice Mix



Cilantro



Basmati Rice



Carrot



Green Peas



Mild Curry Paste



Zucchini

### HELLO MANGO CHUTNEY

*This sweet and zingy condiment pairs well with Indian flavours!*

## Start here

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

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mango Chutney	4 tbsp	8 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Cilantro	7 g	7 g
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Green Peas	56 g	113 g
Mild Curry Paste	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.*

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## Prep and roast veggies

Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Add **carrots, zucchini** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Sprinkle over **half the Indian Spice Mix**. Season with **salt and pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 15-18 min.



## Finish chicken

While **rice** cooks, roughly chop **cilantro**. Stir together **mild curry paste** and **mango chutney** in a large bowl. When **chicken** is cooked through, toss **chicken** in **mango chutney mixture** in the large bowl until completely coated in **sauce**.



## Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels, then season with **salt and pepper**. Sprinkle over **remaining Indian Spice Mix**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer **chicken** to an unlined baking sheet. Bake in the **bottom** of the oven until **chicken** is cooked through, 12-14 min.\*\*



## Finish and serve

Fluff **rice** with a fork, then season with **salt**. Stir in **half the cilantro**. Divide **rice** and **roasted veggies** between plates. Top with **chicken**, then any **remaining sauce** in the bowl. Sprinkle over **remaining cilantro**.

## Dinner Solved!



## Cook rice

While **chicken** bakes, add **1 ¼ cups water, 1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once 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 the pot from heat. Set aside, still covered.