



# Caribbean-Style Mango-Glazed Chicken

## with Creamy Coleslaw and Green Onion-Lime Rice

35 Minutes



Turkey Breast  
Portions  
340 g | 680 g

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  
¾ 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.

**Pantry items** | Unsalted butter, sugar, oil, salt, pepper

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

1



### Cook rice

- Before starting, preheat the oven to 450°F.
- 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.

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.

2



### Sear and roast chicken

[Swap](#) | [Turkey Breast Portion](#)

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

5



### Flavour rice

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

3



### 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.

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 person 4 person Ingredient

## 2 | Sear and roast turkey

[Swap](#) | [Turkey Breast Portion](#)

If you've opted to get **turkey breast portions**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken breasts**, then decrease baking time to 8-10 min.\*\*

\* 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.



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