



Indian-Inspired 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



Sweet Bell Pepper



Garlic Salt

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	½ tbsp	1 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
Sweet Bell Pepper	160 g	320 g
Garlic Salt	½ tsp	1 tsp
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.

Contact

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Prep and roast veggies

Core, then cut **pepper** into ½-inch pieces. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Add **carrots, peppers, 1 tbsp oil** and **½ tsp garlic salt** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **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** until completely coated.



Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle over **½ tbsp Indian Spice Mix** (dbl for 4 ppl). 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 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**.



Cook rice

While **chicken** roasts, add **1 ¼ cups water**, **1 tbsp butter** and **½ 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.

Dinner Solved!