



Mango Chutney Curry-Style Chicken

with Crispy Chana Dal

30 Minutes



Chicken Tenders



Indian Spice Mix



Mango Chutney



Mild Curry Paste



Sweet Bell Pepper



Zucchini



Basmati Rice



Cilantro



Chana Dal

HELLO MANGO CHUTNEY

This sweet and zingy condiment pairs well with Indian flavours!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Indian Spice Mix	1 tbsp	2 tbsp
Mango Chutney	4 tbsp	8 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Basmati Rice	¾ cup	1 ½ cups
Cilantro	7 g	7 g
Chana Dal	28 g	28 g
Unsalted Butter*	3 tbsp	6 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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Cook rice

- Add **rice**, **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, 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.



Cook veggies

- Return the same pan to medium-high.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **peppers** and **zucchini**. Cook, stirring occasionally, until slightly softened, 1-2 min. Season with **salt** and **pepper**.
- Add **remaining Indian Spice Mix** and **curry paste**. Cook, stirring often, until fragrant, 30 sec.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Pat **chicken** dry with paper towels. Cut into 2-inch pieces.
- Add **chicken**, **half the Indian Spice Mix** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then flip **chicken** to coat.



Finish chicken

- Add **chicken**, **mango chutney** and **⅓ cup water** (dbl for 4 ppl) to the pan with **veggies**. Cook, stirring often, until **sauce** comes to a simmer.
- Once simmering, reduce heat to medium. Simmer, stirring occasionally, until **chicken** is cooked through, 3-4 min. ** (**TIP**: If sauce reduces too much, add water to the pan, 1 tbsp at a time, until desired consistency is reached.)
- Season with **salt** and **pepper**, to taste.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. (**NOTE**: Don't overcrowd the pan. Cook in 2 batches using ½ tbsp oil per batch, if necessary.)
- Sear until **chicken** is golden-brown, 1-2 min per side. (**NOTE**: It's okay if chicken doesn't cook all the way through in this step.)
- Remove the pan from heat. Transfer **chicken** to a plate.



Finish and serve

- Add **half the cilantro** and **2 tbsp butter** (dbl for 4 ppl) to the pot with **rice**, then fluff **rice** with a fork until **butter** melts.
- Divide **rice** between plates. Spoon **mango chicken curry** over top.
- Sprinkle with **chana dal** and **remaining cilantro**.

Dinner Solved!