



# Mango-Glazed Caribbean-Style Chicken

## with Creamy Coleslaw and Green-Onion Lime Rice

30 Minutes

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or

[\\*2 Double](#)

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<a href="#">↻ Swap</a> 	<a href="#">↻ Swap</a> 
Chicken Thighs 285 g   570 g	Tofu 1   2
Chicken Tenders 310 g   620 g	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.

1



### Cook rice

- Before starting, preheat the broiler to high.
- 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.

2



### Broil chicken

Swap | Chicken Thighs

Swap | Tofu

- Meanwhile, pat **chicken** dry with paper towels.
- Toss **chicken** with **1 tbsp** (2 tbsp) **oil**, then season all over with **Jerk Spice Blend** on a foil-lined baking sheet. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven until cooked through, 8-10 min.\*\*

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.

4



### Glaze chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **soy sauce**, **mango chutney** and **2 tbsp** (4 tbsp) **water**.
- Season with **pepper**, then add **cooked chicken**. Bring to a simmer.
- Cook, flipping **chicken** occasionally, until **glaze** thickens slightly, 2-3 min.
- Remove from heat.

5



### Flavour rice

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

6



### Finish and serve

- Divide **rice**, **chicken** and **coleslaw** between plates.
- Spoon **any remaining glaze** from the pan over top and sprinkle **remaining green onions** over **chicken**.
- Squeeze a **lime wedge** over top, if desired.

## 2 | Broil chicken thighs

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and season them in the same way the recipe instructs you to prepare and season the **chicken tenders**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer to a foil-lined baking sheet. Broil in the **middle** of the oven until cooked through, 5-6 min.\*\* Reuse the same pan in step 4 to glaze **chicken**.

## 2 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 tofu "steak" squares). Season with **salt**, **pepper** and **Jerk Spice Blend**. Heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until crispy, 2-3 min per side. Reuse the same pan to glaze **tofu** in step 4.

\*\* 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.



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