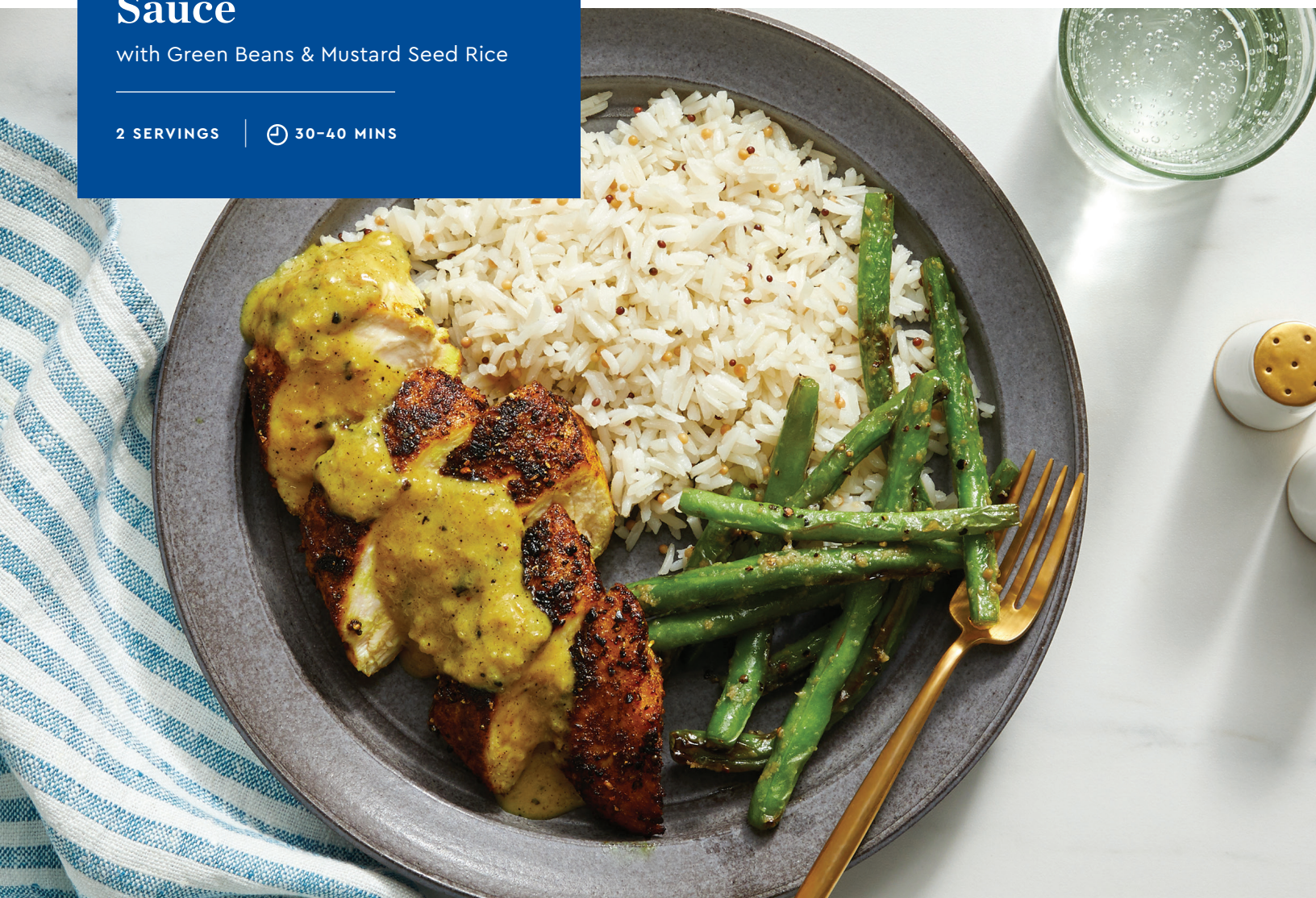


# Vadouvan Chicken & Mango Chutney Sauce

with Green Beans & Mustard Seed Rice







2 SERVINGS | 30-40 MINS

 **Blue Apron**  
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The star of this bold Indian dish is our mango chutney—a condiment that combines the sweet fruit with ginger, lemon, garam masala, and more—whose brightness complements the warming curry powder on our seared chicken.

## Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  ½ cup Sushi Rice
-  1 clove Garlic
-  6 oz Green Beans
-  2 Tbsps Mango Chutney
-  2 Tbsps Crème Fraîche
-  1 ½ tps Brown & Yellow Mustard Seeds
-  2 tps Vadouvan Curry Powder



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.  
[blueapron.com/wine](https://blueapron.com/wine)



## 1 Make the mustard seed rice

- In a small pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mustard seeds** and **rice**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add a **big pinch of salt** and  $\frac{3}{4}$  **cup of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



## 2 Prepare the ingredients & start the sauce

- Meanwhile, wash and dry the **green beans**; cut off and discard any stem ends.
- Peel 1 **clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- In a bowl, combine the **mango chutney** and  $\frac{3}{4}$  **cup of water**.



## 3 Cook & finish the green beans

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **green beans** in an even layer; season with salt and pepper. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the green beans are softened and the water has cooked off.
- Turn off the heat. Add a drizzle of **olive oil** and **as much of the garlic paste as you'd like**; stir to coat. Taste, then season with salt and pepper if desired.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



## 4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **curry powder** to coat (you may have extra).
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



## 5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat and stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mustard seed rice** and **finished green beans**. Top the chicken with the **finished sauce**. Enjoy!



\*An instant-read thermometer should register 165°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 610, Total Carbohydrates: 62g, Dietary Fiber: 4g, Added Sugars: 4g, Total Fat: 20g, Saturated Fat: 7g, Protein: 45g, Sodium: 840mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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