

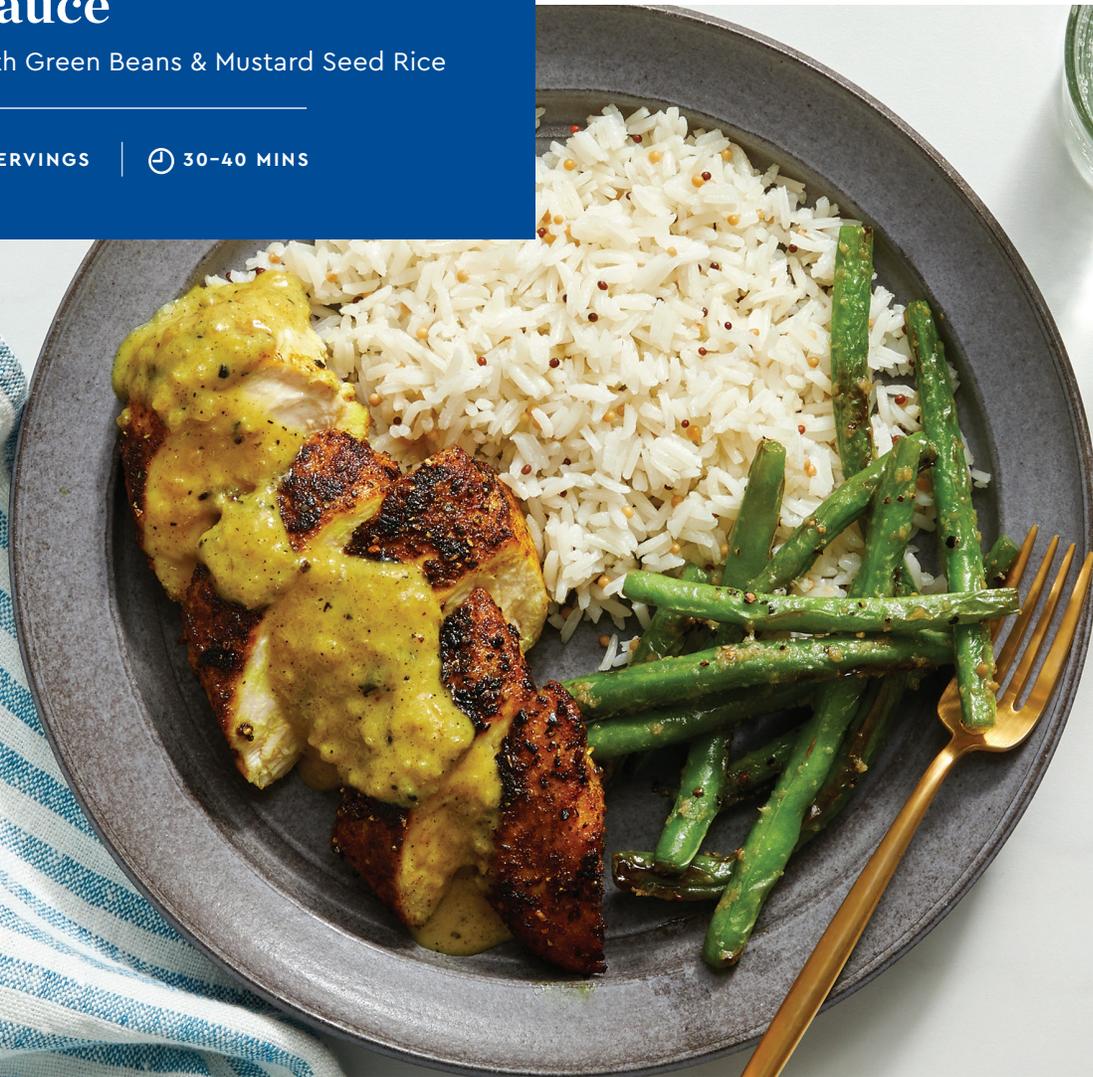
Vadouvan Chicken & Mango Chutney Sauce

with Green Beans & Mustard Seed Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients

 2 Boneless, Skinless Chicken Breasts 

 2 Tbsps Mango Chutney

 ¼ cup Cream

 2 Steaks 

 1 clove Garlic

 1 ½ tpsps Brown & Yellow Mustard Seeds

 ½ cup Long Grain White Rice

 6 oz Green Beans

 2 tpsps Vadouvan Curry Powder

*Ingredients may be replaced and quantities may vary.

1 Make the mustard seed rice

- In a small pot, heat **2 teaspoons 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 **1 cup of water** (carefully, as the liquid may splatter); stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 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 or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **mango chutney** and **¼ 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 **2 teaspoons 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.



↩ CUSTOMIZED STEP 4 *If you chose Steaks*

- Pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and enough of the **curry powder** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

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 **cream** 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!



↩ CUSTOMIZED STEP 5 *If you chose Steaks*

- Finish the sauce as directed in Step 5.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **mustard seed rice** and **finished green beans**. Top the steaks with the **finished sauce**. Enjoy!

*An instant-read thermometer should register 165°F for chicken and 145°F for steak.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 700, Total Carbohydrates: 63g, Dietary Fiber: 4g, Added Sugars: 4g, Total Fat: 30g, Saturated Fat: 9g, Protein: 45g, Sodium: 850mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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