

Vadouvan Chicken & Mango Chutney Sauce

with Green Beans & Mustard Seed Rice

4 SERVINGS

30-40 MINS

 Blue Apron
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Ingredients

 4 Boneless, Skinless Chicken Breasts

 2 cloves Garlic

 1 1/2 tsps Brown & Yellow Mustard Seeds

 1 cup Long Grain White Rice

 3/4 lb Green Beans

 2 tsps Vadouvan Curry Powder

 1/4 cup Mango Chutney

 1/2 cup Cream

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine

 14 11 11

SmartPoints® value per serving
(as packaged)

 Scan this barcode in your WW app to track SmartPoints.
6 44216 08165 3 Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Make the mustard seed rice

- In a medium 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 **2 cups 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 **2 cloves 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 **1/4 cup of water**.



3 Cook & finish the green beans

- In a large 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 **as much of the garlic paste as you'd like**; stir to combine. 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 the **curry powder**.
- 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.



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!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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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