

Ingredients



2 Boneless, Skinless Chicken Breasts



2 cloves Garlic



1 ½ tsps Brown & Yellow Mustard Seeds



½ cup Long Grain White Rice



6 oz Kale



2 tsps Vadouvan Curry Powder



2 Tbsps Mango Chutney



¼ cup Cream



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

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Make the mustard seed rice

- Carefully rinse the rice (sifting through for any small stones or impurities). Drain thoroughly.
- 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 **kale**; separate the leaves from the stems. Discard the stems, then roughly chop the leaves.
- Peel and roughly chop 2 cloves of garlic.
- In a bowl, combine the mango chutney and 1/4 cup of water.



3 Cook the kale

- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high
- Add the chopped garlic. Cook, stirring constantly, 30 second to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stir-

ring occasionally, 2 to 3 minutes, or until slightly wilted.

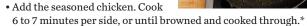


Step 3 continued:

- Add 1/4 cup of water (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- 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.



· Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



- 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 cooked kale. Top the chicken with the finished sauce. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.





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