

Vadouvan Chicken & Mango Chutney Sauce

with Kale & Mustard Seed Rice

2 SERVINGS | 30-40 MINS

 **Blue Apron**
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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
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1 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 **¾ 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 until hot.
- 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, stirring occasionally, 2 to 3 minutes, or until slightly wilted.



Step 3 continued:

- Add **¾ 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.
- 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 **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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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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