




SPICY MANGO CHICKEN

coconut-lime rice with kale, roasted red peppers

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
30 MIN	2	880	GLUTEN-FREE

This weeknight-friendly rendition of jerk-style chicken—a warm, fiery, and slightly sweet spice blend, as well as a cooking method that hails from Jamaica—comes together in just 30 minutes. Our jerk spice blend includes allspice, nutmeg, thyme, cayenne, paprika, and a touch of coconut sugar. It's sprinkled onto chicken, which is then pan-seared for double duty: to toast the spices *and* cook the cutlets. It's served alongside creamy coconut rice strewn with tender kale, and topped with mango sauce that's chock-full of roasted red peppers, ground chipotle, and lime juice. Each bite is a symphony of flavor.

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validated
 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (11 ITEMS)

- ½ cup **Jasmine rice**
- ¼ oz **Garlic**
- 3½ oz **Green kale**
- 1 whole **Lime**
- 2 oz **Mangos**
- 2 (5 oz) **Chicken cutlets***
- ½ tsp **Jerk spice blend** **T**
- 2 oz **Yellow onions**
- & ⅛ oz **& ginger**
- 5 oz **Coconut milk** **T**
- 1 oz **Roasted red peppers**
- ¼ tsp **Ground chipotle pepper**

WHAT YOU'LL NEED

- small pot with lid
- medium & large sauté pans
- measuring cup & spoons
- microplane
- thermometer
- cooking oil
- 1 tbsp butter **M**
- salt & pepper

ALLERGENS

- T** TREE NUTS (coconut)
- M** MILK

*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 4.)

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Mince **garlic**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Zest half of the **lime** with a microplane (or on small holes of a box grater). Quarter **lime**.
- Roughly chop **mangos**.

**The ingredient you received may be a different color.*

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **jerk spice blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to a cutting board. (Reserve pan.)

4 COOK KALE & FINISH RICE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **yellow onions and ginger** and about half of the **garlic** to hot pan. Cook 2-3 minutes, or until fragrant, stirring occasionally.
- Add **coconut milk**. Cook 1-2 minutes, or until coconut milk is bubbling.
- Reduce heat to medium. Add **kale**. Season with about ¼ teaspoon salt. Cook 2-3 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Transfer **rice** to pan. Season with **lime zest** and a pinch of salt.

5 MAKE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **mangos, roasted red peppers, remaining garlic, and ground chipotle pepper*** to hot pan. Lightly season with salt. Cook 1-2 minutes, or until garlic is fragrant.**
- Add 2 tablespoons water. Simmer 1-2 minutes, or until sauce has thickened, stirring frequently.
- Remove from heat. Add juice from 1-2 **lime wedges** and 1 tablespoon butter. Stir until butter melts. Season with salt and pepper to taste.

**If heat sensitive, use ground chipotle pepper sparingly, or omit entirely.*

***If the pan seems dry while cooking, add another tablespoon of cooking oil.*

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **coconut-lime rice with kale** between plates. Fan **chicken** over rice. Spoon **spicy mango sauce** over chicken. Serve remaining **lime wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (454g)

Amount per serving

Calories 880

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 135mg	6%
Total Carbohydrate 64g	23%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 51g	
Vitamin D 2mcg	10%
Calcium 127mg	10%
Iron 2mg	10%
Potassium 1039mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Cutlets [chicken], Jasmine Rice [jasmine rice], Coconut Milk [coconut extract, water, citric acid, sodium metabisulfite], Roasted Red Peppers [bell pepper], Mangos [mango], Ground Chipotle Pepper, Lime, Green Kale, Garlic, Yellow Onions, Ginger [organic ginger, water, citric acid, salt], Jerk Spice Blend (Allspice, Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [organic coconut sugar], Granulated Garlic, Dried Ginger)

Allergen information:
Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.