



Chicken & Mango Salad

with Jasmine Rice and Thai Dressing

N° 7

BALANCED 30 Minutes • Under 600 Calories • Little Heat • 1 of your 5 a day



Spring Onion



Carrot



Lime



Coriander



Red Chilli



Mango



Jasmine Rice



Honey



Chicken Breast



Soy Sauce

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Coarse Grater, Fine Grater, Large Saucepan, Mixing Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Carrot**	1	1½	2
Lime**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Mango**	½	¾	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Honey	1 sachet	1½ sachets	2 sachets
Chicken Breast**	2	3	4
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	413g	100g
Energy (kJ/kcal)	2251/538	546/130
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	76	18
Sugars (g)	17	4
Protein (g)	47	11
Salt (g)	2.32	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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Packed in the UK



1. Get Chopping

Trim the **spring onion** and slice thinly. Trim then coarsely grate the **carrot** (no need to peel). Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed and slice thinly. Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone.



4. Grill

Rub the **marinade** all over the **chicken** to evenly coat. Transfer to a baking tray and pop under the grill for 12-15 mins. **IMPORTANT:** Remember to wash your hands after handling raw meat! **IMPORTANT:** The chicken is cooked when no longer pink in the middle!



2. Cook The Rice

Preheat your grill to medium-high heat. Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5. Dressing

In the meantime, mix the **soy sauce**, remaining **honey** and the **juice** from **half** the **lime** together in a small bowl. Set to one side. Once your **rice** has cooked, fluff it up with a fork and add the grated **carrot**, **spring onion**, remaining **lime zest** and **coriander** to the pan. Add the **mango** to the **rice** and gently mix everything together.



3. Butterfly!

Meanwhile, make the **marinade** in a large bowl by mixing together **half** of the **lime zest**, **half** the **coriander**, **half** the **honey** and a drizzle of **olive oil**. Season with **salt** and mix together. Lay your **chicken breast** on the chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **breast(s)**. Pop them into the bowl with the **marinade**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



6. Serve

Thinly slice the **chicken**. Serve the **rice salad** in bowls topped with the **chicken slices** and a sprinkling of **red chilli** (go easy on the **chilli** if you don't like things too hot!). Drizzle the **dressing** all over the top and serve the remaining **lime wedges** on the side.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar • High Protein

Featured Ingredient: Chicken is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.