



# SWEET 'N' SMOKY CHICKEN CUTLETS

with Cherry Ancho BBQ Sauce, Green Beans & Pineapple Rice



## HELLO PINEAPPLE RICE

Aromatic basmati rice gets a sweet upgrade thanks to chunks of gem-like pineapple.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 680



Scallions



Cherry Jam



Sweet and Smoky BBQ Seasoning



White Wine Vinegar



Chicken Cutlets



Pineapple



Chicken Stock Concentrate



Ancho Chili Powder



Basmati Rice



Green Beans

## START STRONG

A restaurant-style sear goes beyond presentation—that caramelized crust is key to deep, mouthwatering flavor. For best results, pat your chicken as dry as you can before seasoning so it browns immediately when it hits the hot pan.

## BUST OUT

- Strainer
- Large pan
- Small bowl
- Medium bowl
- Small pot
- Kosher salt
- Paper towels
- Black pepper
- Sugar (2 tsp | 3 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (3 TBSP | 5 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Scallions **2 | 4**
- Pineapple **4 oz | 8 oz**
- Cherry Jam **2 TBSP | 4 TBSP**
- Chicken Stock Concentrate **1 | 2**
- Sweet and Smoky BBQ Seasoning **1 TBSP | 2 TBSP**
- Ancho Chili Powder **1 tsp | 2 tsp**
- White Wine Vinegar **5 tsp | 5 tsp**
- Basmati Rice **½ Cup | 1 Cup**
- Chicken Cutlets\* **10 oz | 20 oz**
- Green Beans **6 oz | 12 oz**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

# HelloFRESH



## 1 PREP & START SAUCE

Wash and dry all produce (except green beans). Trim and thinly slice **scallions**, separating whites from greens. Drain **pineapple** over a small bowl, reserving juice. Stir **jam, stock concentrate, BBQ Seasoning, ¼ tsp chili powder** (be sure to measure; you'll use more later), **2 tsp sugar**, and **2½ tsp vinegar** into bowl with reserved **pineapple juice**. (For 4 servings, use ½ tsp chili powder, 3 tsp sugar, and 5 tsp vinegar.)



## 4 COOK GREEN BEANS

Pierce **green bean** bag with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. (**TIP:** No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.) Carefully transfer beans to a medium bowl and toss with **1 TBSP butter** (2 TBSP for 4 servings) until melted. Season with **salt** and **pepper**.



## 2 COOK RICE

Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **pineapple** and **scallion whites**. Cook, stirring occasionally, until just softened, 1-2 minutes. Stir in **¾ cup water** (1½ cups for 4), **rice, salt**, and **pepper**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 5 FINISH SAUCE

Heat pan used for chicken over medium-high heat. Pour in **jam mixture**. Bring to a simmer and cook until thickened and glossy, 1-2 minutes (2-3 minutes for 4 servings). (**TIP:** It's ready when it coats the back of a spoon.) Remove from heat and stir in **1 TBSP butter**. Add **chicken** to pan and turn to coat in sauce. Season with **salt** and **pepper**.



## 3 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt, pepper**, and **½ tsp chili powder** (1 tsp for 4 servings). Heat a drizzle of **oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.



## 6 SERVE

Fluff **rice** with a fork, then divide between plates along with **chicken** and **green beans**. Drizzle chicken with any remaining **sauce**. Garnish with **scallion greens** and serve.

## TAP IN

Next time, try swapping the sugar for maple syrup in this sweet and smoky jam sauce.

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