



# SWEET 'N' SMOKY CHICKEN CUTLETS

with Cherry Ancho BBQ Sauce, Green Beans, and Pineapple Rice



## HELLO

### ANCHO CHILI POWDER

This smoky spice has a mild heat and fruity flavor.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 660



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

When cooking with scallions, make it a habit to separate the white portion from the green. The white parts take better to cooking, while the crunch and vibrant color of raw greens make them the perfect garnish.

## BUST OUT

- Strainer
- Large pan
- Small bowl
- Medium bowl
- Small pot
- Kosher salt
- Paper towels
- Black pepper
- Vegetable oil (1 tsp | 1 tsp)
- Sugar (2 tsp | 3 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** 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, 2 tsp sugar, and 2½ tsp vinegar into bowl with reserved 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 on a plate. Microwave until tender, 2-3 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 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 chunks and scallion whites. Cook, stirring occasionally, until just softened, about 1 minute. 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, about 15 minutes. Keep covered off heat until ready to serve.



**5 MAKE GLAZE** 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 glaze. 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 glaze. Garnish with scallion greens.

## TAP IN

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

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK26 NJ-5