



One-Pot Chicken & Rice Pulao

with Cashew-Mint Chutney



30-40min



2 Servings

Native to Central and South Asia, pulao is as filling as it is comforting. Fresh ginger and garam masala create a fragrant base for tender chicken breast strips that bake with basmati rice and tomatoes, allowing the rice to absorb the sweet and savory flavors. Peas, chopped cashews and refreshing mint chutney add color and texture to this deeply satisfying dish.

What we send

- 1 red onion
- 1 oz fresh ginger
- 1 plum tomato
- 10 oz pkg chicken breast strips
- 5 oz basmati rice
- ¼ oz garam masala
- ¼ oz fresh mint
- 2½ oz peas
- 1 oz salted cashews ¹⁵

What you need

- garlic
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar
- neutral oil

Tools

- medium Dutch oven or ovenproof skillet

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 37g, Carbs 83g, Protein 45g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Thinly slice **onion**. Finely chop **1 tablespoon each of ginger and garlic**. Chop **tomato** into ½-inch pieces.

Pat **chicken** dry; chop into 1-inch cubes. Season with **salt** and **pepper**.

In a small bowl, combine **¼ cup of the sliced onions, 1 tablespoon vinegar, 1 teaspoon sugar, and ¼ teaspoon salt**, set aside for step 6.



4. Make chutney

Meanwhile, tear **mint leaves** from stems, discard stems, and finely chop 1 teaspoon.

In a small bowl, stir together **chopped mint, remaining ginger and garlic, 2 tablespoons oil, 1 teaspoon vinegar, and ½ teaspoon sugar**. Season to taste with **salt**.



2. Start pulao

Heat **2 tablespoons oil** in a medium Dutch oven or ovenproof skillet over medium. Add **remaining onions** and a **pinch of salt**; cook, stirring, until deeply softened and caramelized, about 8 minutes. Add **chicken**; cook, stirring, until browned on all sides, 3-5 minutes.



5. Add peas

When **pulao** has cooked for 25 minutes, remove skillet from oven. Carefully uncover and distribute **peas** over top. Re-cover and let sit 5 minutes.



3. Simmer pulao

To same pot, add **rice, tomatoes, garam masala, and 2 teaspoons each of the ginger and garlic** (save rest for step 4); cook, stirring, until fragrant, 1-2 minutes.

Stir in **1 cup water** and **½ teaspoon salt**; bring to a boil. Cover with an ovenproof lid or foil. Bake on center oven rack until liquid is absorbed and chicken is cooked through, 20-25 minutes.



6. Finish & serve

Coarsely chop **cashews**.

Fluff **pulao** with a fork to combine; season to taste with **salt** and **pepper**.

Serve drizzled with **chutney** and top with **pickled onions, cashews** and **remaining mint leaves**. Enjoy!