

# DINNERLY



## No Chop! Honey Mustard Curry Chicken with Buttery Cauliflower Rice & Peas



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this honey mustard curry chicken?

Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the cauliflower rice and chicken, stir the sauce together, microwave the peas, and put it all together. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

## WHAT WE SEND

- 12 oz cauliflower rice
- 10 oz pkg boneless, skinless chicken breast
- 2 (½ oz) honey
- ½ oz whole-grain mustard
- ¼ oz curry powder
- 5 oz peas

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter <sup>7</sup>

## TOOLS

- microplane or grater
- medium nonstick skillet
- microwave

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

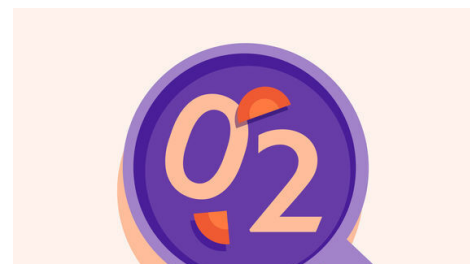
## NUTRITION PER SERVING

Calories 670kcal, Fat 20g, Carbs 77g, Protein 40g



### 1. CAULI RIC VARIATION

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.

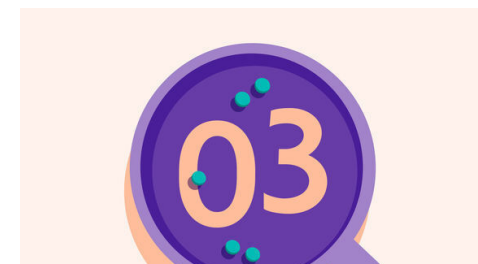


### 2. Cook chicken

Finely grate **1 teaspoon garlic**. Pat **chicken** dry and season with **salt** and **pepper**.

Heat **1 tablespoon oil** same skillet over medium-high. Add chicken and cook until browned and cooked through, 3–5 minutes per side. Transfer to a plate.

Lower heat to medium and add **½ cup water** to skillet, scraping up any browned bits from the bottom.



### 3. Make mustard curry sauce

To skillet, stir in **all of the honey, grated garlic, mustard**, and **1½ teaspoons curry powder** until combined. Simmer until just thickened enough to coat back of a spoon, 2–3 minutes.

Off heat, stir in **1 tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Return **chicken** to skillet; turn to coat.



### 4. Cook peas & serve

In a small bowl, microwave **peas**, **1 tablespoon butter**, and **a pinch of salt** until hot, 2 minutes. Stir to coat peas in butter, then add to bowl with **cauliflower rice**. Fluff with a fork to combine.

Serve **honey mustard curry chicken** over **cauliflower rice and peas**. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!