



Gochujang Glazed Chicken Rice Bowl with Carrot & Spring Onion 'Kimchi' and Peanuts

39

Customer Favourites 30-35 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Carrot



Spring Onion



Rice Vinegar



Sambal Paste



Diced Chicken Thigh



Sugar Snap Peas



Salted Peanuts



Garlic Clove



Gochujang Paste



Honey



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, grater, bowl, frying pan, rolling pin and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Spring Onion**	2	3	4
Rice Vinegar	15ml	22ml	30ml
Sambal Paste	15g	22g	30g
Diced Chicken Thigh**	260g	390g	520g
Sugar Snap Peas**	80g	150g	150g
Salted Peanuts 1)	25g	40g	50g
Garlic Clove**	2	3	4
Gochujang Paste 11)	60g	80g	100g
Honey	15g	22g	30g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	602g	100g	602g	100g
Energy (kJ/kcal)	3181/760	529/126	2920/698	785/116
Fat (g)	29.5	4.9	19.3	3.2
Sat. Fat (g)	10.4	1.7	7.4	1.2
Carbohydrate (g)	85.6	14.2	85.3	14.2
Sugars (g)	21.8	3.6	21.8	3.6
Protein (g)	41.1	6.8	44.0	7.3
Salt (g)	2.76	0.46	2.70	0.45

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Finish the Prep

Meanwhile, slice the **sugar snap peas** in half lengthways.

Crush the **peanuts** in the unopened sachet using a rolling pin.

Peel and grate the **garlic** (or use a garlic press).



Make the 'Kimchi'

Meanwhile, trim the **carrot**, then coarsely grate (no need to peel). Trim and thinly slice the **spring onions**.

In a medium bowl, mix together the **grated carrot**, **spring onion**, **rice vinegar**, **sambal paste** (add less if you'd prefer things milder) and **sugar for the pickle** (see pantry for amount).

Set aside your '**kimchi**' for later.



Get the Gochujang

Once the **chicken** is cooked, add the **sugar snap peas** to the pan and stir-fry until tender, 2-3 mins.

Add the **garlic** and cook for 1 min more.

Lower the pan to medium heat, then stir in the **gochujang paste**, **honey** and **water for the sauce** (see pantry for amount). Cook until the **sauce** has thickened, 4-5 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once the **sauce** has reduced, vigorously stir through the **butter** (see pantry for amount) until melted.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Assemble and Serve

When ready, fluff up the **rice** with a fork and share between your bowls. Top with the **gochujang glazed chicken**.

Serve with your '**kimchi**' alongside and sprinkle over the **salted peanuts** to finish.

Enjoy!