



Sweet and Sticky Chicken on Rice with Bell Pepper and Onion

27

Calorie Smart 25-30 Minutes • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Red Onion



Bell Pepper



Garlic Clove



Cornflour



Diced Chicken Thigh



Ketjap Manis



Rice Vinegar



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar

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.

Cooking tools

Saucepan, lid, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Bell Pepper**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Thigh**	260g	390g	520g
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	44ml	66ml
Diced Chicken Breast**	260g	390g	520g
Pantry			
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	594g	100g	595g	100g
Energy (kJ/kcal)	2718 / 650	457 / 109	2466 / 589	415 / 99
Fat (g)	13.5	2.3	3.3	0.6
Sat. Fat (g)	3.9	0.6	0.9	0.1
Carbohydrate (g)	98.0	16.5	98.3	16.5
Sugars (g)	27.5	4.6	28.0	4.7
Protein (g)	37.4	6.3	40.3	6.8
Salt (g)	2.50	0.42	2.43	0.41

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

Allergens

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.

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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).



Fry the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry until golden brown, 6-8 mins total. Turn every 2-3 mins.

Once the **chicken** has browned, lower the heat to medium and return the **cooked veg** back to the pan.



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds. Peel and grate the **garlic** (or use a garlic press).

Put the **cornflour** into a large bowl and season with **salt** and **pepper**. Add the **diced chicken** and toss to coat completely in the **cornflour**.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Sauce Things Up

Add the **ketjap manis**, **rice vinegar**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts) to the pan.

Stir to combine and simmer, until the **sauce** has reduced slightly and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Taste and season with **salt** and **pepper** if needed. Remove from the heat. **TIP:** The sauce should be sticky, but add a splash more water if you'd like.



Stir-Fry the Veg

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

Once hot, add the **sliced pepper** and **onion** and season with **salt** and **pepper**. Stir-fry until softened, 4-5 mins.

Add the **garlic** and cook for 30 secs. Transfer to a medium bowl and set aside for now.



Finish and Serve

Fluff up the **rice** with a fork and spoon into your bowls.

Serve with the **sticky chicken and veg** on top.

Enjoy!