



Sweet and Sticky Korean Style Chicken Stir-Fry with Pepper, Onion and Jasmine Rice

16

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day



Bell Pepper



Red Onion



Diced Chicken Breast



Jasmine Rice



Garlic Clove



Lime



Ketjap Manis



Gochujang Paste



Honey



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

CUSTOM RECIPE

If you chose to add or double up on 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

Kettle, frying pan, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Diced Chicken Breast**	260g	390g	520g
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1	1
Ketjap Manis 11)	25g	37g	50g
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
King Prawns** 5)	150g	300g	300g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	473g	100g	548g	100g
Energy (kJ/kcal)	2561/612	542/130	2780/665	508/121
Fat (g)	4.9	1.0	5.7	1.0
Sat. Fat (g)	1.2	0.3	1.5	0.3
Carbohydrate (g)	101.3	21.4	101.3	18.5
Sugars (g)	31.0	6.6	31.0	5.7
Protein (g)	41.0	8.7	52.8	9.6
Salt (g)	3.01	0.64	3.91	0.71

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

Allergens

3) Sesame **5)** Crustaceans **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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Prep Time

- Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Halve, peel and chop the **red onion** into 2cm chunks.



Bring on the Garlic

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges.
- Once the **chicken** is golden and the **veg** has softened, add the **garlic** to the pan and fry until fragrant, 1 min.

CUSTOM RECIPE

If you've chosen to add **king prawns**, drain them, then add them to the pan with **garlic**. Stir-fry for 2-3 mins before adding the **sauce** ingredients, they will cook through while simmering.
IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Fry the Chicken and Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken, pepper chunks** and **onion** to the pan and season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside and the **veg** has softened, 8-10 mins. Adjust the heat if necessary. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Sauce Things Up

- Stir the **ketjap manis, gochujang paste, honey, ketchup** and **water for the sauce** (see pantry for both amounts) into the **chicken** and **veg**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.
- Squeeze in some **lime juice** from a **lime wedge**. Taste and season with **salt, pepper** and more **lime** juice if needed.
- Add a splash of **water** if you feel it needs it.



Cook the Rice

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **sweet** and **sticky chicken stir-fry**.
- Sprinkle over the **sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!