



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

Stacey Solomon 20 Minutes • Medium Spice • 2 of your 5 a day

12



Bell Pepper



Red Onion



Diced Chicken Breast



Jasmine Rice



Garlic Clove



Lime



Ketjap Manis



Gochujang Paste



Honey



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Stacey ♥

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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**	1 pack	1 pack	1 pack
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

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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	2561/612	542/130
Fat (g)	4.9	1.0
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	101.3	21.4
Sugars (g)	30.9	6.5
Protein (g)	41.0	8.7
Salt (g)	3.01	0.64

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

Allergens

3) Sesame 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. Be careful when adding water to hot pans while cooking.


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

Contact

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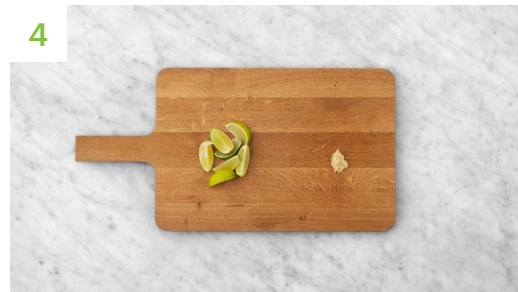
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Prep Time

- 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 small pieces.



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.



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 browned 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.



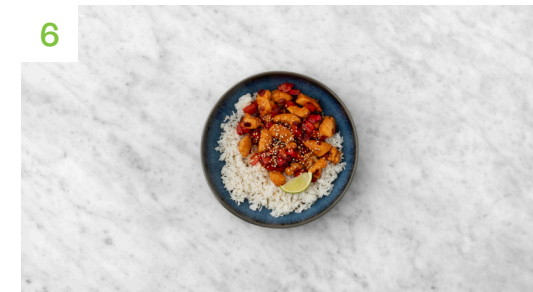
Sauce Things Up

- Stir in the **ketjap manis, gochujang paste** (add less if you'd prefer things milder), **honey, ketchup** and **water for the sauce** (see pantry for both amounts).
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.
- Add a good squeeze of **lime juice**. 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!