



# Honey Gochujang Pulled Chicken Rice Bowl with Soy Green Beans and Crispy Onions

Classic 25-30 Minutes • Medium Spice

41



Jasmine Rice



Slow Cooked Chicken



Green Beans



Garlic Clove



Soy Sauce



Gochujang Paste



Honey



Mayonnaise



Crispy Onions

#### Pantry Items

Oil, Salt, Pepper, Water for the Rice



## 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, ovenproof dish, aluminum foil and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Slow Cooked Chicken**	290g	480g	580g
Green Beans**	150g	230g	300g
Garlic Clove**	1	2	2
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Gochujang Paste <b>11</b>	50g	80g	100g
Honey	15g	22g	30g
Mayonnaise <b>8</b> <b>9</b>	32g	64g	64g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2939 /702	574 /137
Fat (g)	17.6	3.4
Sat. Fat (g)	4.6	0.9
Carbohydrate (g)	86.4	16.9
Sugars (g)	18.0	3.5
Protein (g)	48.8	9.5
Salt (g)	4.09	0.80

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

## Allergens

**8** Egg **9** Mustard **11** Soya **13** Cereals containing gluten

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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Stir in the **rice** and  $\frac{1}{4}$  **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).



## Bring on the Green Beans

When the **chicken** has 10 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.

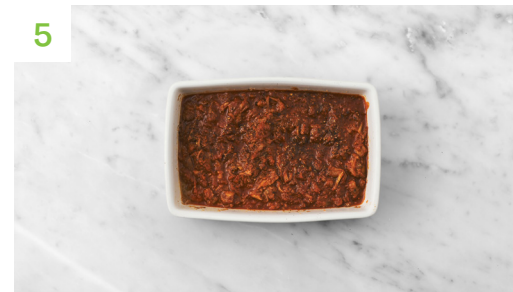
Once tender, add **half** the **soy sauce** and **garlic** to the pan. Cook for 1 min more, then remove from the heat.



## Roast the Chicken

Meanwhile, remove the **chicken** from its packaging and place in an ovenproof dish along with the juices. Cover with foil.

Roast on the middle shelf of your oven for 20-25 mins. **IMPORTANT:** Ensure the chicken is piping hot throughout.



## Get the Gochujang

Once cooked, remove the **chicken** from the oven, discard the foil, then use two forks to gently break apart the **chicken**.

Stir through the **gochujang** (add less if you'd prefer things milder), **honey** and remaining **soy** until combined. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Taste and season with **salt** and **pepper** if needed.



## Prep Time

In the meantime, trim the **green beans**.

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



## Serve Up

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **gochujang chicken** and **soy green beans**.

Drizzle over the **mayonnaise** and finish with a sprinkle of **crispy onions**.

## Enjoy!