



Baked Sambal Chicken Skewers

with Garlic Pak Choi Rice and Sesame Soy Dressing

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

5



Bamboo Skewers



Pak Choi



Lime



Spring Onion



Red Onion



Garlic Clove



Jasmine Rice



Chicken Fillet



Sambal



Soy Sauce



Ketjap Manis



Roasted White Sesame Seeds

Pantry Items
Butter, Tomato Ketchup

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Zester, garlic press, saucepan, lid, bowl, baking tray and baking paper.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Pak Choi**	1	2	2
Lime**	1	1	1
Spring Onion**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	3	4	5
Butter*	10g	15g	20g
Jasmine Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Chicken Fillet**	2	3	4
Sambal	30g	45g	60g
Tomato Ketchup*	1 tbspc	1½ tbspc	2 tbspc
Soy Sauce 11 13	25ml	38ml	50ml
Ketjap Manis 11	2 sachets	3 sachets	4 sachets
Roasted White Sesame Seeds 3	5g	7g	7g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	2791/667	584/139
Fat (g)	10.8	2.3
Sat. Fat (g)	4.0	0.8
Carbohydrate (g)	95.1	19.9
Sugars (g)	22.7	4.8
Protein (g)	49.8	10.4
Salt (g)	4.89	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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, 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.

Contact

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Get Prepped

Preheat your oven to 200°C. Soak your **skewers** in **cold water** (this will prevent them from burning).

Trim the **pak choi**, then thinly slice widthways. Zest the **lime** and cut into wedges. Trim and thinly slice the **spring onion**.

Halve, peel and chop the **red onion** into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).



Prep the Chicken

Meanwhile, cut the **chicken** into large 2cm chunks and pop it into a medium bowl with the **onion**.

Add the **sambal**, **tomato ketchup** (see ingredients for amount), **half the soy sauce** and the remaining **garlic**. Squeeze in a little **lime juice** and mix together well.

Thread the **chicken** and **onion** pieces alternately onto the **skewers** (2 per person), then lay them onto a lined baking tray. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Start Frying

Melt the **butter** (see ingredients for amount) in a medium saucepan with a tight-fitting lid on medium-high heat. When hot, add **half the garlic** and stir-fry, 30 secs.

Add the **pak choi** and stir-fry until just soft, 2-3 mins. Transfer to a bowl and cover to keep warm.



Bake the Skewers

When the oven is hot, bake the **chicken skewers** on the top shelf until cooked through, 15-20 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Meanwhile, in a small bowl, mix together the **ketjap manis**, **sesame seeds** and remaining **soy sauce**, then set the **dressing** aside.



Cook the Rice

Add the **rice**, **¼ tsp salt** and the **cold water for the rice** (see ingredients for amount) to the (now empty) pan 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 and Serve

When everything is ready, fluff the **rice** up with a fork, then stir through the **pak choi** and **lime zest**. Share between your plates, then lay the **chicken skewers** on top.

Drizzle with the **dressing** and sprinkle over the **spring onion** to finish. Serve with a **lime wedge** for squeezing over.

Enjoy!