



Bulgogi Chicken Stir-Fry with Green Beans and Spiced Rice

Calorie Smart Eat Me Early • 25-30 Minutes • Mild Spice • Under 650 Calories

24



Basmati Rice



Chinese Five Spice



Green Beans



Spring Onion



Garlic Clove



Baby Corn



Diced Chicken Breast



Cornflour



Bulgogi Sauce

Before you start

Our fruit and veggies 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

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chinese Five Spice	1 pot	1 pot	2 pots
Green Beans**	150g	200g	300g
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Baby Corn**	60g	120g	120g
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	15g	20g
Bulgogi Sauce 11	75g	100g	150g
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	374g	100g
Energy (kJ/kcal)	2316 /553	620 /148
Fat (g)	5.3	1.4
Sat. Fat (g)	1.1	0.3
Carbohydrate (g)	81.6	21.8
Sugars (g)	15.6	4.2
Protein (g)	42.9	11.5
Salt (g)	0.65	0.17

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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

Stir in the **rice**, **half the Chinese Five Spice** 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).



Get Frying

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

When hot, stir-fry the **chicken** until browned all over, 5-6 mins.

Add the **green beans** and **corn** and cook for 5-6 mins. Stir in the **garlic** and cook for 1 min more.



Get Prepped

Meanwhile, trim the **green beans**. Trim and thinly slice the **spring onions**.

Peel and grate the **garlic** (or use a garlic press). Halve the **baby corn** lengthways.



Add the Sauce

Pour in the **bulgogi sauce** and **water for the sauce** (see ingredients for amount), then stir together and cook until the **sauce** has thickened, 2-3 mins.

Remove from the heat. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle. TIP: If your sauce is a bit thick, add a splash more water.*



Coat the Chicken

Pop the **diced chicken** into a bowl. Season with **salt**, sprinkle over the remaining **Chinese Five Spice** and **cornflour** (see ingredients for amount), and toss to coat. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Finish and Serve

Fluff up the **rice** with a fork and stir through the **spring onion**. Season to taste with **salt** and **pepper**, then share between your bowls.

Spoon the **bulgogi stir-fry** on top.

Enjoy!

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13-15

