



ASIAN STYLE CHICKEN

with Red Pepper, Sugar Snap Peas & Coconut Rice



HELLO SOY SAUCE

This classic Asian liquid seasoning is called 'jiangyou' in China and 'shoyu' in Japan.



Carrot



Red Pepper



Spring Onion



Chicken Stock Powder



Basmati Rice



Tomato Ketchup



Soy Sauce



Honey



Ketjap Manis



Lime



Chicken Mini Fillets



Sugar Snap Peas



Coconut Powder

MEAL BAG



Hands on: **20** mins
Total: **35** mins



1 of your
5 a day



Family Box

Today we're making a colourful Asian stir-fry with a surprising secret ingredient: ketchup! It brings a delicious sweet and sour note and is actually used by lots of Chinese restaurant chefs!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Pop your kettle on to boil. Trim the **carrot** (no need to peel) and grate using a coarse grater. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onion** and thinly slice.



2 COOK THE RICE

Pour the **boiling water** (see ingredients for amount) into a large saucepan and bring back to the boil. Stir in the **stock powder** and **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



3 MAKE THE SAUCE

Meanwhile, in a small bowl, mix the **ketchup** with the **soy sauce**, **honey** and **ketjap manis**. Halve the **lime** and squeeze in the **juice** of one half. Chop the remaining **lime** into wedges.



4 CAUSE A STIR-FRY!

Heat a splash of **oil** in a frying pan (or wok) over high heat. When the **oil** is hot, stir-fry the **chicken** until browned on the outside, 5 mins. Add the **pepper** and cook for another 5 mins. Add the **sugar snaps** and the **carrot**. Stir-fry for 3-4 mins, then add the **sauce**. Stir together and cook until bubbling, then remove from the heat. **❗ IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5 SERVE THE KIDS

When everything is ready you can serve the kids. Top a portion of **rice** with the stir-fry for each of them. **🌀 TWIST IT UP:** Stir the **coconut powder** and **half** the **spring onion** through the **remaining rice**. Taste and add **salt** and **pepper** if necessary.



6 NOW THE ADULTS

Spoon the **coconut rice** for the adults into bowls and top with the **stir-fry**. Finish with a sprinkling of the remaining **spring onion**. Serve with **lime wedges** on the side for people to squeeze over as they please. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Carrot *	1	2	2
Red Pepper *	½	1	1
Spring Onion *	2	3	4
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Tomato Ketchup 10)	½ sachet	¾ sachet	1 sachet
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Honey	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Lime *	½	1	1
Chicken Mini Fillets *	280g	420g	560g
Sugar Snap Peas *	½ pack	¾ pack	1 pack
Coconut Powder	½ pot	¾ pot	1 pot

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 433G	PER 100G
Energy (KJ/ kcal)	2910/ 696	672/ 161
Fat (g)	12	3
Sat. Fat (g)	8	2
Carbohydrate (g)	89	21
Sugars (g)	26	6
Protein (g)	59	14
Salt (g)	2.06	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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