

ASIAN STYLE CHICKEN

with Red Pepper, Sugar Snap Peas & Coconut Rice



and sour note and is actually used by lots of Chinese restaurant chefs!

Today we're making a colourful Asian stir-fry with a surprising secret ingredient: ketchup! It brings a delicious sweet



HELLO SOY SAUCE

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







Spring Onion





Chicken Stock Powder



Basmati Rice



Tomato Ketchup









Ketjap Manis



Chicken Mini Fillets



Sugar Snap Peas











Family Box

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!



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.



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.



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.



SERVE THE KIDS
When everything is ready you can serve the kids. Top a portion of rice with the stirfry 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.



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!

INGREDIENTS

In order of use

	2P	3P	4P
Carrot *	1	2	2
Red Pepper *	1/2	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 *	1/2	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

. 0	
	PER 100G
2910/696	672/161
12	3
8	2
89	21
26	6
59	14
2.06	0.48
	8 89 26 59

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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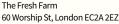
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