



Chinese 5 Spice Chicken

with Charred Bok Choy and Rice



HELLO GINGER

Ginger is widely cultivated around the world but unknown in the wild.



Water for the Rice



Ginger



Soy Sauce



Honey



Rice Vinegar



Chinese Five Spice



Chicken Thigh



Red Pepper



Spring Onion



Baby Bok Choy



Chicken Stock Pot



Basmati Rice



Rice Water for the Sauce

35 mins

2 of your 5 a day

Medium Heat

It's Spice of the Month time! June's blend is Chinese Five Spice. How many things do you think it contains? Full points if you said five! They are: star anise, Sichuan pepper, fennel, cassia and clove which combine to form a distinctive peppery, aniseedy flavour that's showcased beautifully in this chicken dish. Using the starch in rice cooking water to thicken a sauce is also a neat trick. Enjoy!

BEFORE YOU START

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



1 MAKE THE MARINADE

Preheat your oven to 200°C. Put a large saucepan of **water** (amount specified in the ingredient list) on to boil. Peel and grate the **ginger**. Put it in a small bowl with the **soy sauce**, **honey**, **rice vinegar** and **Chinese five spice**. Put the **chicken thighs** in a mixing bowl and pour on a quarter of the **soy mixture**. Make sure the **chicken** is well coated. Set the rest of the **soy mixture** aside - we'll use it later!



2 PREP THE VEGGIES

Halve, then remove the core from the **red pepper** and slice into thin strips. Remove the root from the **spring onion** and thinly slice (keep white and green parts separate). Halve the **baby bok choy** lengthways. Add the **chicken stock pot** and **basmati rice** to your pan of boiling water. Simmer uncovered until cooked, 10 mins. Then reserve a cup of water and drain the **rice** in a sieve. Return to the saucepan and cover with a lid to keep warm.



3 COOK THE CHICKEN

Meanwhile, put a drizzle of **oil** in a frying pan on medium-high heat. Add the **red pepper** and season with **salt** and **black pepper**. Cook until softened, 3-4 mins, then pop on a baking tray. Add the **chicken** and **marinade** to the frying pan. Cook until golden and charred, 2 mins each side. Put the **chicken** on top of the **peppers** and roast on the top shelf of your oven for 10 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.*



4 CHAR THE BOK CHOY

Give your frying pan a quick wash and return it to medium-high heat with a glug of **oil**. Once hot, lay in the **bok choy**, cut-side down. Season with **salt** and a grind of **black pepper**. Cook for 2 mins, then turn over and cook for another 2 mins on the other side. The **bok choy** should be slightly browned and charred. Add a splash of **water** and pop a lid (or some foil) on the pan and leave to steam for another 3 mins.



5 MAKE THE SAUCE

Once the **bok choy** is cooked, add it to the **chicken** and **peppers** and return the tray to the oven. Add the remaining **soy mixture** to the frying pan, along with the **reserved rice water** (amount specified in the ingredient list). Stir together and bubble away until thickened, 3-4 mins. Remove the pan from the heat.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir through the whites of the **spring onion**. Spoon into bowls. Cut each **chicken thigh** into four slices. Place the **pepper** and **bok choy** on top of the **rice** and top with the **chicken** slices. Drizzle over your **sauce** and sprinkle on the greens of the **spring onion**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water for the Rice*	600ml
Ginger, grated	1 knob
Soy Sauce 1) 6)	1½ tbsp
Honey	2 tbsp
Rice Vinegar	1 tbsp
Chinese 5 Spice	1 tsp
Chicken Thigh	4
Red Pepper, sliced	1
Spring Onion, sliced	3
Baby Bok Choy, halved	1 pack
Chicken Stock Pot	1
Basmati Rice	150g
Rice Water for the Sauce*	100ml

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	706	140
(kJ)	2978	590
Fat (g)	15	3
Sat. Fat (g)	4	1
Carbohydrate (g)	83	16
Sugars (g)	25	5
Protein (g)	59	12
Salt (g)	4.85	0.96

ALLERGENS

1)Gluten 6)Soya

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour (Gluten), Preservative E211, Food Colouring E150d

👍 THUMBS UP OR THUMBS DOWN?

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