



Firecracker Style Chicken

with Salt & Pepper Wedges and Tenderstem® Broccoli

24

Calorie Smart 35-40 Minutes • Medium Spice • Under 650 Calories



Potatoes



Diced Chicken Breast



Cornflour



Tenderstem® Broccoli



Sriracha



Soy Sauce



Ginger Puree



Spring Onion



Red Chilli



Chinese Five Spice

Pantry Items

Tomato Ketchup, Salt, Sugar

Before you start

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

Cooking tools

Baking tray, bowl, frying pan and lid.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	15g	20g
Tenderstem® Broccoli**	80g	120g	160g
Sriracha	2 sachets	3 sachets	4 sachets
Soy Sauce (11) (13)	25ml	25ml	50ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	150ml
Ginger Puree	1 sachet	1 sachet	2 sachets
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Chinese Five Spice	1 pot	1 pot	1 pot
Salt*	¼ tsp	½ tsp	½ tsp
Sugar*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	471g	100g
Energy (kJ/kcal)	1773 / 424	376 / 90
Fat (g)	3.2	0.7
Sat. Fat (g)	0.9	0.2
Carbohydrate (g)	57.2	12.1
Sugars (g)	10.5	2.2
Protein (g)	42.4	9.0
Salt (g)	4.50	0.96

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

Allergens

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.

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Cook the Wedges

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Firecracker Sauce

Meanwhile, mix together the **sriracha** (add less if you don't like heat), **soy sauce**, **ketchup** and **water for the sauce** (see ingredients for both amounts) in a small bowl.

Once the **chicken** has cooked, add **half** the **ginger puree** to the pan and cook until fragrant, 1 min.

Pour in the **sauce**, then bring to the boil. Simmer for 1 min until thickened, then remove from the heat.



Fry the Chicken

Pop the **diced chicken breast** into a small bowl with the **cornflour**. Mix well to coat. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **chicken** to the pan and stir-fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Make the Spicy Seasoning

When everything is nearly ready, trim and thinly slice the **spring onion**. Halve the **chilli** lengthways, deseed, then finely chop.

In a small bowl, combine the **Chinese Five Spice**, **salt** and **sugar** (see ingredients for both amounts). Wipe out the (now empty) **broccoli** pan and pop on medium heat with a drizzle of **oil**.

Once hot, add the **chilli** (use less if you don't like heat), **spring onion**, **spice mixture** and the remaining **ginger puree**. Stir-fry for 1 min.



Broccoli Time

While the **chicken** cooks, heat a drizzle of **oil** in another large frying pan on medium-high heat. Halve any thick **broccoli** stems lengthways.

When the **oil** is hot, add the **Tenderstem® broccoli** and stir-fry for 2-3 mins, then add a splash of **water**. Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**.

Once cooked, transfer to a plate or bowl and cover with foil to keep warm.



Finish and Serve

When the **wedges** are ready, add the **spicy seasoning** from the pan to the **wedges** tray and toss to coat.

Reheat the **chicken** if necessary. **TIP: Add a splash of water if it's a little dry.**

Share the **spiced wedges** between your plates with the **firecracker chicken** alongside, spooning over the remaining **sauce** from the pan.

Serve with the **broccoli** alongside.

Enjoy!

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