



# FIVE SPICE CHICKEN STIR-FRY

with Zesty Brown Rice



BALANCED RECIPE



## HELLO BROWN RICE

Compared to white rice, brown rice is less processed, as the germ and the bran is still attached to the grain. Brown rice is high in magnesium and Riboflavin.



Red Pepper



Spring Onion



Chinese Five Spice



Steamed Brown Basmati Rice



Soy Sauce



Lime



Diced Chicken Breast



Garlic Clove



Baby Corn



Coriander



Cornflour

MEAL BAG

20 mins

1 of your 5 a day

Low in Sat Fat

Balanced

Under 550 calories

High Protein

Seasoned with our special five spice blend and packed with fresh flavours like zesty lime, coriander, and garlic, our 20-minute Chinese style chicken stir fry is the perfect quick-fix recipe. Peppers, baby corn and garlic are stir-fried alongside the chicken and coated in a delicious soy sauce dressing which we've thickened up with a little bit of cornflour to save you time. To pack even more veg into the dish, we've stirred grated carrot, spring onion and lime zest into the brown rice - a great trick for fussy eaters! Quick, wholesome and full of flavour, you can't go wrong with this healthy recipe.

GET PREPARED!

Fill and boil your Kettle.

# BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**). **Sieve**, **Coarse Grater**, **Fine Grater**, **Mixing Bowl**, **Measuring Jug**, and **Frying Pan**. Let's start cooking the **Chicken Stir-Fry with Zesty Brown Rice**.



## 1 DO THE PREP

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Remove the roots from the **spring onions** and thinly slice. Peel and grate the **garlic** (or use a garlic press).
- Halve the **baby corn** lengthways, roughly chop the **coriander** (stalks and all), then zest the **limes** and cut in half.



## 4 CAUSE A STIR-FRY!

- Heat a splash of **oil** in a frying pan over high heat.
- When hot, stir-fry the **chicken** until browned, 4-5 mins.
- Add the **pepper** and **corn**. Stir-fry for 3 more mins.
- Add the **garlic** and **Chinese five spice**.
- Cook for 30 secs (adjust the heat if necessary!).



## 2 CHICKEN TIME

- Pop the **diced chicken** into a mixing bowl. Season with **salt**, **pepper** and **half** the **lime zest**.
- Use your hands to rub the **seasoning** all over the **chicken**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 5 SIMMER YOUR SAUCE

- Pour in the **sauce** and simmer, stirring, until the **mixture** has thickened, 1 min.
- Remove from the heat. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- ★ **TIP:** If your sauce is a bit thick, add a splash more water.



## 3 MAKE THE SAUCE

- Meanwhile, pop the **cornflour** into a small bowl (see ingredients for amount).
- Add the **soy sauce**, **water** (see ingredients for amount) and the **honey** to the bowl.
- Squeeze in the **lime juice** and mix well to combine.
- Keep to one side.



## 6 FINISH AND SERVE

- Cook the **rice** according to pack instructions. Transfer the **rice** to a large mixing bowl.
- Add the **spring onion**, **half** the **coriander** and the remaining **lime zest**. Stir together well. Season to taste with **salt** and **pepper**.
- Share the **rice** between your bowls. Spoon the **stir-fry** on top of your **rice** and sprinkle over the remaining **coriander**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	1	1	2
Spring Onion *	1	2	3
Garlic Clove *	1	2	2
Baby Corn *	1 punnet	2 punnets	2 punnets
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1½	2	2
Diced Chicken Breast *	280g	420g	560g
Soy Sauce (11) (13)	1 sachet	1½ sachets	2 sachets
Water*	75ml	100ml	125ml
Honey	1 sachet	1½ sachets	2 sachets
Cornflour	1 tsp	1½ tsp	2 tsp
Chinese Five Spice	½ pot	¾ pot	1 pot
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 458G	PER 100G
Energy (kJ/kcal)	1690 / 404	369 / 88
Fat (g)	7	2
Sat. Fat (g)	3	1
Carbohydrate (g)	44	10
Sugars (g)	11	2
Protein (g)	40	9
Salt (g)	1.04	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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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