



Glazed Chicken & Pepper Stir-Fry with Bulgur Wheat and Spring Onion

Calorie Smart 25 Minutes • 1 of your 5 a day • Under 600 Calories

24



Red Onion



Bell Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Chicken Stock Paste



Bulgur Wheat



Ketjap Manis



Rice Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Saucepan, Lid Measuring Jug and Frying Pan

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Ketjap Manis 11	2 sachets	3 sachets	4 sachets
Rice Vinegar	3 sachets	4 sachets	6 sachets
Tomato Ketchup*	2½ tbsp	4 tbsp	5 tbsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	428g	100g
Energy (kJ/kcal)	2314 / 553	541 / 129
Fat (g)	4	1
Sat. Fat (g)	1	0
Carbohydrate (g)	81	19
Sugars (g)	27	6
Protein (g)	45	11
Salt (g)	3.50	0.82

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

Allergens

11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper**, and discard the core and seeds. Slice into thin strips, then thirds. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Put the **cornflour** in a large bowl and season with **salt** and **pepper**. Add the **chicken pieces** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Fry the Chicken

Pop your (now empty) frying pan back on medium-high heat and add a drizzle of **oil**. When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins. Meanwhile, put the **ketjap manis**, **rice vinegar** and **ketchup** (see ingredients for amount) in a bowl with the **water for the sauce** (see ingredients for amount) and stir together. Once the **chicken** is golden, stir in the cooked **veg** and cook for another min.

Scan to get your exact PersonalPoints™ value



8-14



Bulgur Time

Pour the **water for the bulgur** (see ingredients for amount) into a saucepan, stir in the **chicken stock paste** and bring to the boil. Once boiling, add the **bulgur wheat**. Stir well, bring back up to the boil and simmer for 1 min, then pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Sauce Things Up

Pour the **sauce** into the pan with the **chicken** and **vegetables** and simmer, stirring occasionally until the **mixture** has reduced slightly and the **chicken** is cooked, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Remove the pan from the heat and add **salt** and **pepper** to taste.



Cook the Veg

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pepper**, season with **salt** and **pepper** and fry until beginning to soften, 3-4 mins, stirring occasionally. Add the **red onion** and a drizzle of **oil** to the pan, then cook until softened, 4-5 mins, stirring occasionally. Add the **garlic**, cook for 1 min more, then transfer the **veg** to a bowl and set aside.



Finish and Serve

Fluff up the **bulgur wheat** with a fork and season to taste with **salt** and **pepper**. Spoon into bowls and serve with the **chicken stir-fry** on top and a sprinkling of **sliced spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.