

# Glazed Chicken & Pepper Stir-Fry

with Bulgur Wheat and Spring Onion

Calorie Smart

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













Spring Onion



Bell Pepper







Cornflour





Chicken Stock Paste



Diced Chicken Breast

**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.

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





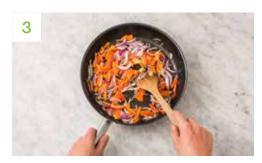
#### **Get Prepped**

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.



## **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.



## 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.



# Fry the Chicken

Pop your (now empty) frying pan back on mediumhigh 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.



## 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.



#### 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!

Scan to get your exact PersonalPoints™ value



8-14



#### 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.

