



Hoisin Chicken and Plum Stir-Fry with Pak Choi and Basmati Rice

Classic 25-30 Minutes • 1 of your 5 a day

7



Basmati Rice



Diced Chicken Thigh



Plum



Pak Choi



Garlic Clove



Lime



Hoisin Sauce



Ketjap Manis



Soy Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, lid, frying pan, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	210g	350g	520g
Plum**	2	3	4
Pak Choi**	1	2	2
Garlic Clove**	1	1	2
Lime**	½	1	1
Hoisin Sauce 11	64g	96g	128g
Ketjap Manis 11	25g	50g	50g
Soy Sauce 11 13	15ml	25ml	30ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	388g	100g	413g	100g
Energy (kJ/kcal)	2504 /598	646 /154	2417 /578	586 /140
Fat (g)	11.8	3.0	4.0	1.0
Sat. Fat (g)	3.2	0.8	0.9	0.2
Carbohydrate (g)	93.6	24.1	93.4	22.6
Sugars (g)	27.8	7.2	27.8	6.7
Protein (g)	34.4	8.9	42.0	10.2
Salt (g)	4.03	1.04	4.02	0.97

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Plums and Veg

Once the **chicken** is cooked, add the **chopped plums** and **sugar** (see pantry for amount) to the pan. Cook for 1 min more.

Add the **pak choi** and **garlic**, then cook, stirring regularly, until the **pak choi** has softened, 1-2 mins.



Fry the Chicken

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

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. It's cooked when no longer pink in the middle.*

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Sauce Things Up

Pour the **hoisin sauce**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount) into the pan and squeeze in the **lime juice** (see ingredients for amount).

Stir well to combine. Season to taste with **salt**, **pepper** and more **sugar** if needed.



Prep Time

Meanwhile, halve the **plums**, remove the stones and chop the flesh into 1cm pieces.

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**. Cut one **half** into **wedges**.



Serve

When ready, fluff the **rice** up with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls and top with the **chicken stir-fry**.

Serve with the **lime wedges** for squeezing over.

Enjoy!