



# Hoisin Chicken and Plum Stir-Fry with Zesty Rice

Classic Eat Me Early • 25 Minutes • Little Spice • 1 of your 5 a day

16



Chicken Stock Paste



Basmati Rice



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Red Chilli



Lime



Hoisin Sauce



Ketjap Manis



Diced Chicken Breast



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan with Lid, Frying Pan, Garlic Press, Zester, Bowl.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	280g	420g	560g
Plum**	2	3	4
Sugar*	½ tsp	¾ tsp	1 tsp
Bok Choy**	1	2	2
Spring Onion**	1	2	2
Garlic Clove	1	1	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Hoisin Sauce <b>3) 11)</b>	2 sachets	3 sachets	4 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps

Diced Chicken Breast**	280g	420g	560g
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\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>432g</b>	<b>100g</b>
Energy (kJ/kcal)	2770 /662	641 /153
Fat (g)	16	4
Sat. Fat (g)	4	1
Carbohydrate (g)	93	22
Sugars (g)	29	7
Protein (g)	39	9
Salt (g)	3.10	0.72

Custom Recipe	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>432g</b>	<b>100g</b>
Energy (kJ/kcal)	2453 /586	567 /136
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	93	22
Sugars (g)	29	7
Protein (g)	44	10
Salt (g)	3.10	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 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.

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## Cook the Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and the **stock paste**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



## Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat. When hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins. As the **chicken** sizzles away, halve the **plums**, remove the stones and chop each half into 1 cm chunks. Add the **plum pieces** and **sugar** (see ingredients for amount) to the pan with the **chicken** and continue cooking for a minute. **IMPORTANT:** Wash your hands after handling chicken and its packaging.

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



## Stir-Fry Time

Add the **bok choy**, **garlic** and **chilli** to the pan. Cook, stirring regularly until the **bok choy** has softened, 1-2 mins.



## Finish Up

Stir in the **hoisin sauce** and **ketjap manis**. Add the **water for the sauce** (see ingredients for amount) and squeeze in **half the lime juice**, ensuring everything is well coated. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Prep

While everything cooks, trim the **bok choy** then thinly slice widthways. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **red chilli**, deseed and finely chop. Zest and halve the **lime**. Chop one **lime** half into **wedges**.



## Serve

Fluff the **rice** up with a fork and stir through the **lime zest**. Share the **rice** between your bowls and top with the stir-fry. Finish with a sprinkle of **spring onion** and add a **lime wedge** for squeezing over.

## 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.