



Hoisin Chicken & Plum Stir-Fry

with Zesty Rice

RAPID 20 Minutes • 1 of your 5 a day

N° 14



Chicken Stock Powder



Basmati Rice



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Red Chilli



Lime



Hoisin Sauce



Ketjap Manis



Soy Sauce



Honey

Before you start

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

Basic cooking tools, you will need:

Saucepan, Frying Pan and Fine Grater (or Garlic Press).

Ingredients

| | 2P | 3P | 4P |
|--|----------|-----------|-----------|
| Water for Rice* | 300ml | 450ml | 600ml |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Plum** | 2 | 3 | 4 |
| Bok Choy** | 1 | 2 | 2 |
| Spring Onion** | 1 | 2 | 2 |
| Garlic Clove** | 1 clove | 1 clove | 2 cloves |
| Red Chilli** | ½ | ¾ | 1 |
| Lime** | ½ | 1 | 1 |
| Hoisin Sauce 3) 11) 13) | 1 sachet | 2 sachets | 2 sachets |
| Ketjap Manis 11) 13) | 1 sachet | 2 sachets | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1 sachet | 2 sachets |
| Honey | 1 sachet | 2 sachets | 2 sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 581g | 100g |
| Energy (kJ/kcal) | 2761 /660 | 475 /114 |
| Fat (g) | 15 | 3 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 93 | 16 |
| Sugars (g) | 28 | 5 |
| Protein (g) | 40 | 7 |
| Salt (g) | 4.40 | 0.76 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Rice

a) 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 **stock powder**, cover with the lid and bring to the boil on medium high heat.

b) 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).



4. Stir-Fry Time

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



2. Fry the Chicken

a) 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.

b) As the **chicken** sizzles away, halve the **plums**, remove the stones and chop each half into 1 cm chunks.

c) Add the **plum pieces** to the pan with the **chicken** and continue cooking for a minute.



5. Finish up

a) Stir in the **hoisin sauce**, **ketjap manis**, **soy sauce** and **honey**.

b) Add 1 tbsp **water** per person and squeeze in **half the lime juice**, ensuring everything is well coated.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



3. Prep

a) While everything is cooking, trim the **bok choy** then thinly slice widthways.

b) Trim the **spring onion** and thinly slice.

c) Peel and grate the **garlic** (or use a **garlic press**).

d) Halve the **red chilli**, deseed and finely chop.

e) Zest and halve the **lime**. Chop **half the lime** into wedges.



6. Serve

a) Fluff the **rice** up with a fork and stir through the **lime zest**.

b) Share the **rice** between your bowls and top with the **stir-fry**.

c) 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.