



Hoisin Chicken & Plum Stir-Fry with Zesty Rice

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

11



Chicken Stock Powder



Basmati Rice



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Red Chilli



Lime



Hoisin Sauce



Ketjap Manis

Before you start

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

Cooking tools, you will need:

Saucepan, Wooden Spoon, Frying Pan, Garlic Press, Measuring Jug, Bowl.

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
Sugar	½ tsp	¾ tsp	1 tsp
Bok Choy**	1 pack	2 packs	2 packs
Spring Onion**	1	2	2
Garlic Clove**	1	1	2
Red Chilli	½	¾	1
Lime	½	1	1
Hoisin Sauce	2 sachets	3 sachets	4 sachets
3) 11)			
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
13)			

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	430g	100g
Energy (kJ/kcal)	2787 /666	648 /155
Fat (g)	16	4
Sat. Fat (g)	4	1
Carbohydrate (g)	94	22
Sugars (g)	29	5
Protein (g)	39	7
Salt (g)	2.94	0.68

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.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



Cook the Rice

a) Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil.

b) When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan.

c) 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).



Stir-Fry Time

a) Add the **bok choy**, **garlic** and **chilli** to the pan.

b) Cook, stirring regularly until the **bok choy** has softened, 1-2 mins.



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**.

b) Fry, stirring occasionally, until browned, 4-5 mins. As the **chicken** sizzles away, halve the **plums**, remove the stones and chop each **half** into 1cm chunks.

c) Add the **plum pieces** and **sugar** (see ingredients for amount) to the pan with the **chicken** and continue cooking for a minute.



Finish Up

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

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.*



Prep

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

b) Peel and grate the **garlic** (or use a garlic press). Halve the **red chilli** lengthways, deseed and finely chop. Zest and halve the **lime**. Chop **half** the **lime** into **wedges**.



Serve

a) 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.

b) 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.