



Hoisin Chicken & Plum Stir-Fry with Zesty Rice

Rapid 20 Minutes • 1 of your 5 a day

N° 1



Chicken Stock Powder



Basmati Rice



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Green Chilli



Lime



Hoisin Sauce



Ketjap Manis



King Prawns



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.


Happy cooking!

Before you start

Cooking tools, you will need:

Measuring Jug, 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
Green Chilli**	½	¾	1
Lime**	½	1	1
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp
 King Prawns 5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	2776 /664	480 /115
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	93	16
Sugars (g)	28	5
Protein (g)	39	7
Salt (g)	3.28	0.57

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	653g	100g
Energy (kJ/kcal)	2971 /710	455 /109
Fat (g)	16	4
Sat. Fat (g)	4	1
Carbohydrate (g)	93	14
Sugars (g)	28	4
Protein (g)	50	8
Salt (g)	4.27	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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

CUSTOM RECIPE

If you've added **prawns** to your meal, before you add the **bok choy** to the pan, add the **prawns** and stir-fry until starting to go pink, 2-3 mins, then add the **bok choy** and continue with the rest of the step above. The **prawns** should be cooked through by the end of the step. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

b) When hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins.

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

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



Finish Up

a) Stir in the **hoisin sauce**, **ketjap manis** and **sugar** (see ingredients for amount).

b) Add 1 tbsp **water** per person and squeeze in **half** the **lime juice**, making sure 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.

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

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

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

e) Zest and halve the **lime**.

f) Chop **half** the **lime** into wedges.



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!