



Orange Chicken and Jasmine Rice with Green Beans and Pepper

Classic 25-30 Minutes • 2 of your 5 a day

7



Jasmine Rice



Orange



Green Beans



Bell Pepper



Garlic Clove



Diced Chicken Thigh



Cornflour



Honey



Ginger Puree



Soy Sauce



Rice Vinegar

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Plain Flour

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, fine grater, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Orange**	½	¾	1
Green Beans**	80g	120g	160g
Bell Pepper***	1	1½	2
Garlic Clove**	2	3	4
Diced Chicken Thigh**	260g	390g	520g
Cornflour	20g	40g	40g
Honey	15g	23g	30g
Ginger Puree	15g	23g	30g
Soy Sauce 11 13	25ml	40ml	50ml
Rice Vinegar	15ml	22ml	30ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt*	¼ tsp	¼ tsp	½ tsp
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	½ tbsp	½ tbsp	1 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	2626 /628	609 /146
Fat (g)	13.5	3.1
Sat. Fat (g)	3.8	0.9
Carbohydrate (g)	91.1	21.1
Sugars (g)	16.0	3.7
Protein (g)	38.4	8.9
Salt (g)	4.29	0.99

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** and **¼ tsp salt** and 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).



Make your Sauce

Add the **green beans** and **pepper** to the pan. Cook until softened, 6-8 mins.

Meanwhile, in a measuring jug, combine the **honey**, **ginger puree**, **ketchup** and **flour** (see pantry for both amounts) until thoroughly mixed and no clumps of **flour** remain. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Whisk the **soy sauce**, **rice vinegar** and **water for the sauce** (see pantry for amount) into the jug until smooth, then set aside.



Get Prepped

Meanwhile, zest and halve the **orange** (see ingredients for amount). Trim the **green beans**, then cut into thirds.

Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).

Place the **chicken** into a bowl with the **cornflour** and **salt** (see pantry for amount). Mix together until well coated. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Combine and Stir

Once the **veg** has softened, stir in the **garlic** and cook for 30 secs.

Pour in the **sauce mixture** and bring to the boil, stirring, until thickened, 1-2 mins.

Add the **cooked chicken** back into the pan. Stir to glaze in the **sauce**, then remove from the heat.

Squeeze in the **orange juice** and add the **orange zest** (see ingredients for both amounts). Stir until combined, then taste and season with **salt** and **pepper** if needed.



Fry the Chicken

Heat a generous drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **diced chicken** and season with **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Once cooked, transfer to a bowl and pop the (now empty) pan back on medium-high heat.



Finish and Serve

Fluff up the **rice** with a fork and share between your bowls.

Top with the **orange chicken**, spooning over all the **sauce** from the pan.

Enjoy!