



Quick & Sticky Chicken

with Basmati Rice and Green Pepper

Rapid 20 Minutes • Very Hot • 2 of your 5 a day

16



Basmati Rice



Red Onion



Green Pepper



Coriander



Diced Chicken Breast



Cornflour



Thai Style Spice Blend



Hoisin Sauce



Soy Sauce



Lime



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

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

Cooking tools, you will need:

Saucepan, Lid, Sieve, Frying Pan, Bowl and Fine Grater.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Cornflour	20g	20g	40g
Thai Style Spice Blend 3)	1 pot	1 pot	1 pot
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	37ml	50ml
Water for the Sauce*	50ml	75ml	100ml
Lime**	1	1	1
 King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2440 /583	535 /128
Fat (g)	4	1
Sat. Fat (g)	1	0
Carbohydrate (g)	93	20
Sugars (g)	17	4
Protein (g)	44	10
Salt (g)	3.72	0.82
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2635 /630	496 /119
Fat (g)	5	1
Sat. Fat (g)	1	0
Carbohydrate (g)	94	18
Sugars (g)	17	3
Protein (g)	56	11
Salt (g)	4.70	0.89

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

- Bring a large saucepan of **water** to the boil with a **¼ tsp** of **salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins.
- Drain in a sieve and pop back into the pan. Cover with a lid and leave to the side until ready to serve.



Add the Veggies

- When the **chicken** is cooked, add the **red onions** and **peppers**. Stir-fry until softened, 2-3 mins.
 - Lower the heat and stir in the **hoisin sauce**, **soy sauce** and **water for the sauce** (see ingredients for amount).
 - Bring to a bubble and cook until the **chicken** is nicely coated. Remove from the heat.
- IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



CUSTOM RECIPE

If you've added **prawns** to your meal, add them to the pan when you add the **onion** and **pepper**.

IMPORTANT: *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).



Finish Off

- Zest and halve the **lime**.
- Mix the **coriander** and a squeeze of **lime juice** through the stir-fry.
- When the **rice** is cooked, fluff it up with a fork. Mix in the **lime zest**. Taste and season with **salt** and **black pepper** if needed.



Fry the Chicken

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Pop the **diced chicken breast** into a bowl with the **cornflour**, season with **salt** and **pepper** then toss to coat.
- Once the **oil** is hot, add the **chicken** to the pan and stir-fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*
- Sprinkle on the **Thai style spice blend**. **TIP:** *Add less if you don't like too much heat.*



Serve

- Chop the remaining **lime** into wedges.
- Share the **rice** between your bowls and spoon your **sticky chicken** on top.
- Serve with a **lime wedge** for squeezing over.

Enjoy!