



# Quick, Sticky, Spicy Chicken with Basmati Rice

Calorie Smart 20 Minutes • Very Hot • Under 600 Calories • 1 of your 5 a day

N° 6



Basmati Rice



Red Onion



Green Pepper



Coriander



Diced Chicken Breast



Cornflour



Thai Spice Blend



Hoisin Sauce



Soy Sauce



Lime

## Before you start

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

## Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
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 Spice Blend	1 small sachet	1 large sachet	2 small sachets
Hoisin Sauce 3) 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Lime**	1	1	1
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	2441/583	556/133
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	92	21
Sugars (g)	18	4
Protein (g)	44	10
Salt (g)	3.40	0.78

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

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 You can recycle me!



## Cook the Rice

- Bring a large saucepan of **water** to the boil with a ½ tsp of **salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins.
- Drain in a sieve, pop back in 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 slightly softened, 2-3 mins.
- Lower the heat and stir in the **hoisin sauce**, **soy sauce** and **water** (see ingredients for amount).
- Bring to a bubble and cook until the **chicken** is nicely coated. Remove from the heat.



## 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 add **salt** and **black pepper** if needed.



## Cook the Chicken

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Pop the **diced chicken breast** in a bowl, with the **cornflour**, season with **salt** and **pepper**, toss to coat.
- Once the **oil** is hot, add the **chicken** to the pan and stir-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.
- Sprinkle on the **Thai spice**. **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 with the **lime wedges** on the side.

## 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.