

# Quick Sticky Spicy Chicken

with Basmati Rice

Rapid 20 Minutes · Medium Spice · 1 of your 5 a day















Green Pepper





Coriander

Diced Chicken Breast





**Hoisin Sauce** 

Thai Style Spice Blend



Soy Sauce



Lime

# Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Saucepan, Sieve, Cutting Board, Knife Lid, Frying Pan, Bowl, Zester, Bowl and Spoon.

## 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 <b>3)</b>	1 sachet	1 sachet	2 sachets	
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets	
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachet	2 sachets	
Water for the Sauce*	50ml	75ml	100ml	
Lime**	1	1	1	
*Not Included **Store in the Fridge				

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2456 /587	541 /129
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	93	21
Sugars (g)	18	4
Protein (g)	44	10
Salt (g)	3.40	0.76

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

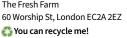
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







## Cook the Rice

- a) Bring a large saucepan of water (see ingredients for amount) to the boil with a 1/4 tsp of salt for the rice.
- **b)** When boiling, add the **rice** and cook for 12 mins.
- c) Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



# **Prep Time**

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



## Cook the Chicken

- a) Heat a drizzle of oil in a frying pan on medium-high heat.
- b) Pop the diced chicken breast into a bowl with the cornflour, season with salt and pepper, toss to coat.
- c) 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: Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.
- d) Sprinkle on the Thai Style Spice Blend. TIP: Add less if you don't like too much heat.



# Add the Veggies

- a) When the chicken is cooked, add the red onions and peppers.
- **b)** Stir-fry until slightly softened, 2-3 mins.
- c) Lower the heat and stir in the hoisin sauce, soy sauce and water for the sauce (see ingredients for amount).
- d) Bring to a bubble and cook until the chicken is nicely coated. Remove from the heat.



# Finish Off

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



#### Serve

- a) Chop the remaining lime into wedges.
- **b)** Share the **rice** between your bowls and spoon your sticky chicken on top.

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.