

# Soy and Honey Chicken

with Green Beans and Rice

Rapid Eat Me Early • 20 Minutes











Basmati Rice

Diced Chicken Breast





Cornflour

**Echalion Shallot** 





Green Beans





Tomato Puree

Chicken Stock Powder







Soy Sauce









#### **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.

# Before you start

# Cooking tools, you will need:

Large Saucepan, Sieve, Frying Pan with Lid, Large Bowl,

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	15g	20g
Echalion Shallot**	1	1	2
Green Beans**	150g	200g	300g
Garlic**	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Honey	3 sachets	4 sachets	6 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1 1/2 sachet	2 sachets
Rainbow Vegetable Mix**	200g	300g	400g

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	381g	100g
Energy (kJ/kcal)	2432 /581	638/152
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	90	24
Sugars (g)	24	6
Protein (g)	45	12
Salt (g)	1.66	0.43
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 481g	Per 100g 100g
for uncooked ingredient	481g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>481g</b> 2591/619	<b>100g</b> 539 /129
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>481g</b> 2591 /619 4	<b>100g</b> 539 /129 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	<b>481g</b> 2591/619 4 1	100g 539/129 1 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	481g 2591/619 4 1 94	100g 539/129 1 1 20

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

11) Soya 13) Gluten

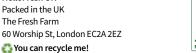
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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







## **Get Prepped**

- a) Bring a large saucepan of water to the boil with 1/4 tsp of salt.
- **b)** When boiling, add the **rice** and cook for 12 mins.
- c) Once cooked, drain in a sieve.



# Fry the Chicken

- a) Meanwhile, eat a glug of oil in a frying pan on medium-high heat.
- b) While the pan gets hot, put the cornflour in a large bowl and season with salt and pepper.
- c) Add the chicken pieces to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT**: Wash your hands after handling raw chicken.
- d) Once the oil is hot, add the chicken to the pan and stir-fry until golden brown, 4-5 mins.



## **Prep Time**

- a) While the chicken cooks, halve, peel and thinly slice the shallot.
- b) Trim the green beans and chop into thirds.
- c) Peel and grate the garlic (or use a garlic press).



#### **CUSTOM RECIPE**

- a) If you've added rainbow veg mix to your meal, once you've finished the prep in the step above, heat a drizzle of oil in a large frying pan on a medium-high heat.
- b) Once hot, add the rainbow veg mix and stirfry for 2-3 mins. Then add a splash of water, cover with a lid (or some foil) and steam-fry until the veggies are tender, 4-5 mins. Continue with the rest of the recipe as instructed.



#### Simmer

- a) Once the chicken has browned, add a drizzle of oil if you need to, add the shallot, cook with the chicken until softened, 2-3 mins.
- b) Stir in the garlic and tomato puree, cook for 1 minute. Pour in the water (see ingredient list for amount), chicken stock powder, honey and soy sauce.
- c) Stir in the green beans, bring to a simmer. Cover with a lid or some foil, simmer until the **beans** are cooked and the sauce has thickened, 5-6 mins.



# Flnish off

- a) Once the chicken and beans are cooked, taste and add salt and pepper if you feel it needs it. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- **b)** Add a splash more **water** if you feel it needs it.



#### Serve

- a) Fluff up the rice with a fork.
- b) Spoon into bowls and top with the soy honey chicken.

#### Enjoy!



#### **CUSTOM RECIPE**

Serve with the **vegetable rainbow mix** on top.