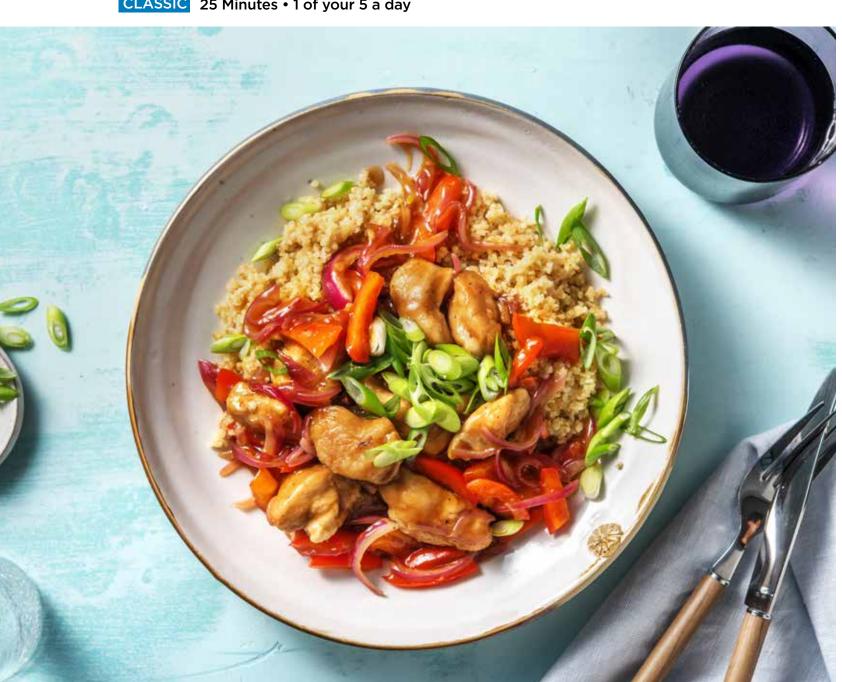


# **Sweet and Sour Style Chicken**

with Red Pepper and Bulgur Wheat

**CLASSIC** 25 Minutes • 1 of your 5 a day







**Red Onion** 





**Spring Onion** 







Garlic Clove



Cornflour



Diced Chicken Breast







Vegetable Stock Powder





Bulgur Wheat



Ketjap Manis



Cider Vinegar



**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

#### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Measuring Jug, Saucepan and Frying Pan.

#### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Pepper**	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Cornflour	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g
King Prawns 5)**	250g	400g	500g
Water - Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder <b>10</b> )	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	2 sachets	3 sachets	4 sachets
Water - Sauce*	75ml	100ml	150ml
*Not Included ** Store in the Fridge			

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2224 /532	547/131
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	78	19
Sugars (g)	25	6
Protein (g)	44	11
Salt (g)	1.77	0.44
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 392g	Per 100g 100g
for uncooked ingredient	392g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>392g</b> 1887 /451	<b>100g</b> 482 /115
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>392g</b> 1887 /451 2	<b>100g</b> 482/115 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	392g 1887 /451 2 1	100g 482/115 1 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	392g 1887 /451 2 1 78	100g 482/115 1 1 20

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

#### 5) Crustaceans 10) Celery 11) Soya 13) Gluten 14) Sulphites

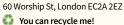
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.

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Packed in the UK







# 1. Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper**, and discard the core and seeds, thinly slice. Chop the slices into 3 pieces. Trim the **spring onion** and thinly slice. Peel and grate the garlic (or use a garlic press). Put the cornflour in a large bowl and season with salt and pepper. Add the **chicken pieces** to the bowl and toss to coat completely in the cornflour. IMPORTANT: Wash your hands after handling raw chicken.



## CUSTOM RECIPE

If you've chosen **prawns** instead of chicken, simply coat the prawns in the cornflour in the same way as the chicken in the step above.



#### 4. Cook the Chicken

Pop your now empty frying pan back on mediumhigh heat and add a drizzle of oil. When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins. Meanwhile, put the ketjap manis and cider vinegar in a bowl with water (see ingredients for amount) and stir together. Once the chicken is golden, add the vegetables back into the pan and stir together for another minute.



#### **CUSTOM RECIPE**

If you've chosen **prawns** instead of chicken, just cook the **prawns** for 1-2 mins in the step above (instead of the 6-7 mins the chicken takes).



## 2. Bulgur Time

Pour the water for the **bulgur wheat** (see ingredients for amount) into a saucepan, stir in the stock powder and bring to the boil. Once boiling, add the **bulgur wheat**, stir well, bring back up to the boil and simmer for a minute, then pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



# 3. Cook the Veg

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the red pepper, season with salt and pepper and fry until beginning to soften, 3-4 mins, stirring occasionally. Add the **red onion** to the **pepper** along with a drizzle of oil. Cook until the onion has softened, 4-5 mins, stirring occasionally. Add the **garlic**, cook for 1 minute more, then remove the **veg** to a bowl, leave to the side. Keep your pan, you'll use it again!



## 5. Simmer

Pour the sauce into the pan with the chicken and vegetables and simmer, stirring occasionally until the mixture has reduced slightly and is looking a little sticky, and the **chicken** is cooked, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Remove the pan from the heat and add. salt and pepper to taste.



## CUSTOM RECIPE

Cook the **prawns** in the same way the step above tells you to cook the chicken. IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.



#### 6. Finish and Serve

Fluff up the bulgur wheat and season to taste with salt and pepper. Spoon into bowls. Serve with the sweet and sour chicken on top and sprinkle over the sliced spring onion.

# **Enjoy!**