

# Sweet and Sour-Style Chicken

with Bell Pepper and Bulgur Wheat

Calorie Smart 25 Minutes • Under 600 Calories • 1 of your 5 a day







Red Onion







Garlic Clove

Bell Pepper

Spring Onion



Cornflour



Diced Chicken Breast



Vegetable Stock Powder





Ketjap Manis



Rice Vinegar

## Before you start

Our fruit and veggies need a little wash before you

# 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	
Bell 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	
Water for the 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	
Rice Vinegar	2 sachets	3 sachets	4 sachets	
Water for the Sauce*	75ml	100ml	150ml	
*Not Included **Store in the Fridge				

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

#### **Nutrition**

Per serving	Per 100g
414g	100g
2266 /542	547 /131
4	1
1	0
80	19
25	6
45	11
1.95	0.47
	414g 2266/542 4 1 80 25 45

Nutrition for uncooked ingredients based on 2 person recipe.

# **Allergens**

10) Celery 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

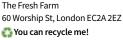
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## **Get Prepped**

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.



# **Bulgur Time**

Pour the water for the bulgur wheat (see ingredients for amount) into a saucepan, stir in the vegetable 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 you're ready to serve.



# Cook the Veg

Meanwhile, heat a drizzle of oil in a frying pan on medium-high heat. Once hot, add the 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, we'll use it again!



#### 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 rice 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.



#### 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.



#### 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!

#### 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.

<sup>\*\*\*</sup>Based on season, the colour of your bell pepper will either be yellow, red or orange to quarantee you get the best quality pepper.