



Sweet and Sour Style Chicken with Pepper and Rice

Calorie Smart 25 Minutes • 1 of your 5 a day

24



Basmati Rice



Red Onion



Bell Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Ketjap Manis



Rice Vinegar



Ketchup

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Garlic Press, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets
Rice Vinegar	3 sachets	4 sachets	6 sachets
Ketchup 10)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	2501/598	570/136
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	97	22
Sugars (g)	28	6
Protein (g)	43	10
Salt (g)	1.86	0.42

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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You can recycle me!



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



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 and thinly slice the **spring onion**. 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 **diced chicken** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



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 transfer 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 medium-high 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**, **rice vinegar** and **ketchup** 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. **TIP:** Add a splash more water if you feel it needs it.



Finish and Serve

Fluff up the **rice** with a fork and 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.