

Sweet and Sticky Chicken on Rice

with Bell Pepper, Onion and Sesame Seeds

Classic 25-30 Minutes • 1 of your 5 a day







Basmati Rice





Bell Pepper







Spring Onion





Cornflour

Ketjap Manis

Garlic Clove



Diced Chicken Breast





Rice Vinegar



Sesame Seeds

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, bowl and frying pan.

Ingredients

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Ingredients	2P	3P	4P
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**	260g	390g	520g
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	45ml	60ml
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
~			
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml
*Not Included **Store in the Fridge *** Pased on season			

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2542 /608	606/145
Fat (g)	4.8	1.2
Sat. Fat (g)	1.1	0.3
Carbohydrate (g)	98.7	23.5
Sugars (g)	28.3	6.7
Protein (g)	41.0	9.8
Salt (g)	2.47	0.59

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

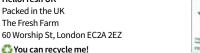
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Cook the Rice

Pour the water for the rice (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the rice and 1/4 tsp salt and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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

Meanwhile, halve, peel and thinly slice the red onion. Halve the bell pepper and discard the core and seeds. Slice into thin strips, then chop into thirds.

Trim and thinly slice the **spring onion**. Peel and grate the garlic (or use a garlic press).

Pop the **cornflour** into a large bowl and season with salt and pepper. Add the diced chicken and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Stir-Fry the Veg

Heat a drizzle of oil in a frying pan on medium-high heat.

Once hot, add the **pepper** and season with **salt** and **pepper**. Stir-fry until just soft, 3-4 mins.

Add the **onion** to the pan with more **oil** if needed. Stir-fry until the onion has softened, 4-5 mins.

Stir in the garlic and cook for 1 min more, then transfer the **cooked veg** to another bowl and set aside.



Add the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of oil.

Once hot, add the chicken and fry until golden brown, 6-8 mins total. Turn every 2-3 mins.

Meanwhile, in another medium bowl, mix together the ketjap manis, rice vinegar, ketchup, sugar and water for the sauce (see pantry for all three amounts).

Once the chicken has browned, add the cooked veg back into the pan and stir-fry for 1 more min.



Sauce Things Up

Pour the sticky sauce into the pan. Simmer, stirring occasionally, until the **sauce** has reduced slightly and the chicken is cooked through, 4-5 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.

Remove from the heat and season to taste with **salt** and **pepper** if needed. TIP: The sauce should be sticky, but add a splash more water if you'd like.



Finish and Serve

Fluff up the rice with a fork and spoon into vour bowls.

Serve with the **sticky chicken** and **veg** on top. Sprinkle over the **spring onion** and **sesame seeds** to finish.

Enjoy!