



Sweet and Sticky Chicken on Rice with Bell Pepper, Onion and Sesame Seeds

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

7



Basmati Rice



Red Onion



Bell Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Ketjap Manis



Rice Vinegar



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar

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

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 ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 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.

Contact

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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 **¼ 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).



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.



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.



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.



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.



Finish and Serve

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

Serve with the **sticky chicken** and **veg** on top.

Sprinkle over the **spring onion** and **sesame seeds** to finish.

Enjoy!