



Sweet & Sour Style Chicken

with Red Pepper and Bulgur Wheat

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

N° 7



Red Onion



Red Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Chicken Stock Powder



Bulgur Wheat



Ketjap Manis



Rice Vinegar

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Red Pepper**	1	1½	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
Chicken Stock Powder	1 sachet	1½ 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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2226 / 532	548 / 131
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	78	19
Sugars (g)	25	6
Protein (g)	45	11
Salt (g)	1.96	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

(11) Soya (13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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♻️ You can recycle me!



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.**



4. 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** 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.



2. Bulgur Time

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan, stir in the **chicken 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.



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.



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 one minute more, then remove the **veg** to a bowl, leave to the side. Keep your pan, we'll use it again!



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!

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.

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • High Protein

Featured Ingredient: Bulgur wheat is a great source of magnesium, which contributes to a reduction of tiredness and fatigue.