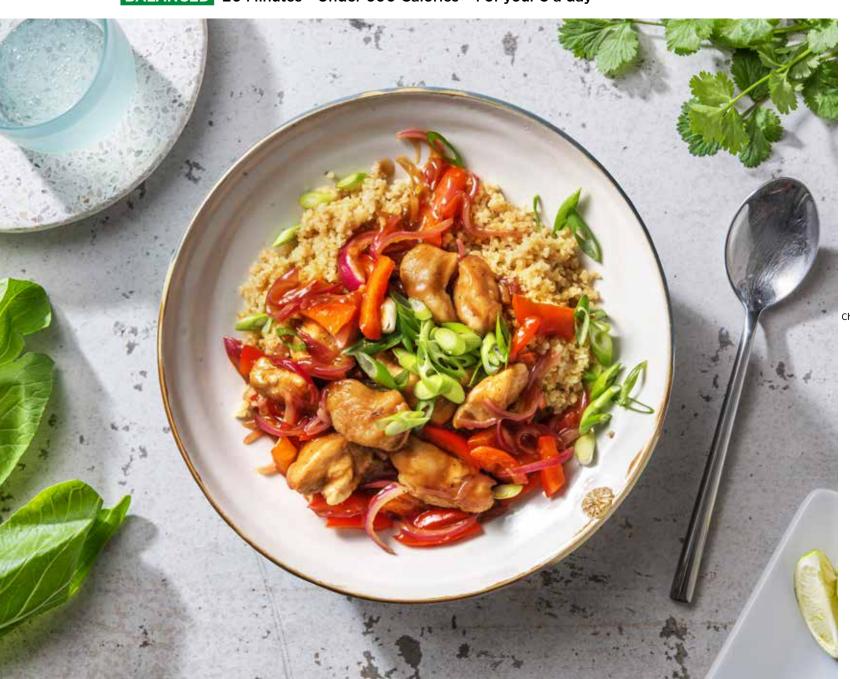


# **Sweet and Sour Style Chicken**

with Red Pepper and Bulgur Wheat

BALANCED 20 Minutes • Under 600 Calories • 1 of your 5 a day







Red Onion







Spring Onion





Diced Chicken Breast



Chicken Stock Powder







Ketjap Manis

Rice Vinegar

# Before you start

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

#### Basic cooking tools you will need:

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

### Ingredients

-			
	2P	3P	4P
Red Onion**	1	1½	2
Red Pepper**	1	1½	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
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 ingredients	402g	100g		
Energy (kJ/kcal)	2245 /537	559/134		
Fat (g)	5	1		
Sat. Fat (g)	2	1		
Carbohydrate (g)	77	19		
Sugars (g)	24	6		
Protein (g)	43	11		
Salt (g)	1.79	0.45		

Nutrition for uncooked ingredients based on 2 person recipe.

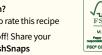
## **Allergens**

11) Soya 13) Gluten

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

#### Contact

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Packed in the UK



## 1. Bulgur Wheat Time

- a) 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.
- **b)** Once boiling, add the **bulgur wheat**, stir in well, bring back up to the boil and simmer for a minute, then pop a lid on the pan and remove from the heat.
- c) Leave to the side for 12-15 mins or until ready to serve.



# 2. Get Prepped

- a) Halve, peel and thinly slice the red onion.
- b) Halve the pepper, remove the core and thinly slice. Chop the slices into 3 pieces.
- c) Trim the spring onion and thinly slice. Peel and grate the **garlic** (or use a garlic press).
- d) Put the cornflour in a large bowl and add a pinch of 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.



## 3. Cook the Chicken

- a) Heat a drizzle of oil in a large frying pan back on medium-high heat, add a drizzle of oil.
- **b)** When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins.
- c) Meanwhile, put the ketjap manis and rice vinegar in a bowl with the water (see ingredient list for amount) and stir together.
- **d)** Once the **chicken** is golden, add the **veg** back into the pan and stir together for another minute.



# 4. Cook the Veg

- a) Add the red pepper and season with a pinch of salt and pepper. Fry until the pepper is beginning to soften, 3 mins, stirring occasionally.
- b) Add the red onion to the pepper along with a drizzle of oil. Cook until the onion has softened, 3 mins, stirring occasionally.
- c) Add the garlic, cook for 1 minute more.



## 5. Simmer

- a) Pour the sauce you made into the pan with the chicken and veg.
- **b)** Stir together and simmer, stirring occasionally until the **mixture** has reduced slightly and is looking a little sticky, and the chicken is cooked, 3-4 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.
- c) Remove the pan from the heat.



### 6. Finish and Serve

- a) Fluff up the **bulgur wheat** and spoon into bowls.
- b) Serve with the sweet and sour chicken on top and sprinkle over the sliced spring onion.

**Eniov!** 

#### **BALANCED RECIPE**

Under 600 Calories • Low Sat Fat • High Protein

Featured Ingredient: Chicken, is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.