



# Sweet Sticky Chicken with Pepper, Onion and Rice

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

24



Basmati Rice



Red Onion



Bell Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Ketjap Manis



Rice Vinegar

## Pantry Items

Tomato Ketchup, Water

## Before you start

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

## Cooking tools

Measuring jug, saucepan, lid, 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)	2 sachets	3 sachets	4 sachets
Rice Vinegar	3 sachets	4 sachets	6 sachets
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
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	434g	100g
Energy (kJ/kcal)	2459/588	567/135
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	96	22
Sugars (g)	24	6
Protein (g)	43	10
Salt (g)	2.46	0.57

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

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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## Contact

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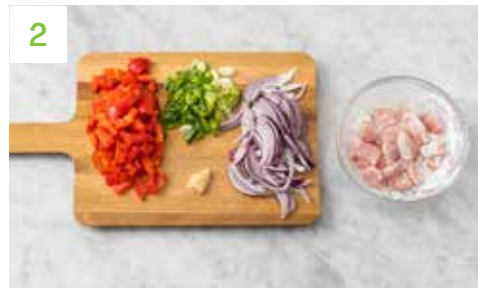
## Cook the Rice

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 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).



## Bring on the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. When hot, add the **chicken** and fry until golden brown on the outside, 6-8 mins total. Turn every 2-3 mins. Meanwhile, in another medium bowl, mix together the **ketjap manis**, **rice vinegar**, **ketchup** and **water for the sauce** (see ingredients for both amounts). Once the **chicken** has browned, add the **vegetables** back into the pan and stir together for 1 more min.



## Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **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** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Simmer

Pour the **sauce** into the frying pan. Simmer, stirring occasionally, until the **mixture** 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.



## 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. 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 and a sprinkle of **spring onion**.

## Enjoy!

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