



CHICKEN STIR-FRY

with Veggies and Toasted Coconut



HELLO COCONUT

Copra is the term used for the dried flesh inside the coconut. This can be processed to produce coconut oil used in cooking, in soaps, cosmetics, hair-oil, and massage oil.



Carrot



Red Pepper



Spring Onion



Green Beans



Garlic



Lime



Chicken Stock Powder



Basmati Rice



Tomato Ketchup



Soy Sauce



Ketjap Manis



Desiccated Coconut Powder



Diced Chicken Breast

MEAL BAG

Hands on: **20** mins
Total: **35** mins

1 of your
5 a day

10 Family Box

Here's a stir-fry with a difference! Bursting with fresh and tropical flavours, Chef Andre has created a good-for you, speedy dish that everyone will enjoy. Chicken, pepper and green beans are stir-fried with a sticky sauce then lightened up with lime and desiccated coconut to add that extra zing. Think a stir-fry is boring? Think again!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) **Coarse Grater** and **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, stir in the **stock powder** and **rice**, lower the heat to medium and pop a lid on the pan. 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).



4 TOAST THE COCONUT

Heat a frying pan (or wok) over medium high heat (no oil). Add the **desiccated coconut** and cook, stirring and shaking the pan frequently until browned, 3-4 mins. **★ TIP:** Be careful the coconut will burn easily so watch it like a hawk. When ready, transfer to a small bowl and wipe the pan clean. **★ TIP:** Be careful the pan will be hot! Time to stir-fry!



2 PREP THE VEG!

Trim the **carrot** (no need to peel!) and grate using a coarse grater. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onion** and thinly slice. Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime** lengthways.



5 CAUSE A STIR-FRY!

Heat a splash of **oil** in your frying pan over high heat. When hot, stir-fry the **chicken** until browned on the outside, 5 mins. Add the **pepper** and **green beans**, stir-fry for another 5 mins. Stir in the **carrot** and **garlic** and cook until the **veggies** are tender, another 3-4 mins. Pour in the **sauce** and cook until bubbling, then remove immediately from the heat.

! IMPORTANT: The chicken is cooked when no longer pink in the middle.



3 MAKE THE SAUCE

Meanwhile, in a small bowl, mix the **ketchup** with the **soy sauce**, **ketjap manis** and **half the lime zest**. Squeeze in **half the lime juice**. Chop the remaining **lime** into wedges.



6 SERVE

Fluff the **rice** up with a fork, stir through the remaining **lime zest** and share between your bowls. Top with the **stir-fry** and finish with a sprinkling of **toasted coconut** and **spring onion**. Serve with **lime wedges** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Carrot *	1	2	2
Red Pepper *	½	1	1
Spring Onion *	1	2	2
Green Beans *	1 medium pack	1 large pack	2 medium packs
Garlic *	1	2	2
Lime *	½	1	1
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Tomato Ketchup 10)	1 sachet	1½ sachets	1 sachet
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Desiccated Coconut Powder	½ bag	¾ bag	1 bag
Diced Chicken Breast *	280g	420g	560g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 459G	PER 100G
Energy (kJ/kcal)	2523 / 603	550 / 131
Fat (g)	10	2
Sat. Fat (g)	6	1
Carbohydrate (g)	83	18
Sugars (g)	21	4
Protein (g)	44	10
Salt (g)	2.23	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 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.

👍 THUMBS UP OR THUMBS DOWN?

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