



Chicken Stir-Fry with Zesty Rice

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

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Basmati Rice



Chinese Five Spice



Carrot



Bell Pepper



Spring Onion



Garlic



Green Beans



Coriander



Lime



Diced Chicken Breast



Cornflour



Soy Sauce

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Chopping Board, Sharp Knife, Grater, Fine Grater (or Garlic Press), Large Bowl, Small Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chinese Five Spice	1 small pot	1 small pot	1 large pot
Carrot**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	1 large pack
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	15g	20g
Soy Sauce 11 13	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	125ml
Sugar*	1 tsp	1½ tsp	2 tsp

*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	451g	100g
Energy (kJ/kcal)	2199/526	488/117
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	80	18
Sugars (g)	12	3
Protein (g)	44	10
Salt (g)	0.93	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp of **salt**, stir in the **rice** and **half** the **Chinese five spice**, 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).



Make the Sauce

Meanwhile, mix in the **soy sauce**, **water**, **sugar** (see ingredients for both amounts) and **half the lime zest** in a small bowl. Keep to one side.



Do the Prep

Meanwhile, trim the **carrots** (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 onions** then slice thinly. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into 3 pieces, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



Cause a Stir-Fry!

Heat a splash of oil in a frying pan over high heat. When hot, stir-fry the **chicken** until browned, 5-6 mins. Add the **pepper** and **beans**, cook for another 5-6 mins, then add the **garlic** and cook for 1 minute more. Pour in the **sauce**, stir together and cook until the **sauce** has thickened, 2-3 mins. Remove from the heat, and squeeze in the **lime juice**, stir to combine. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle. TIP: If your sauce is a bit thick, add a splash more water.*



Chicken Time

Pop the **chicken pieces** into a bowl. Season with salt and the remaining **Chinese five spice**. Mix together, using your hands to rub the **spices** all over the **chicken**. Sprinkle over the **cornflour** (see ingredients for amount you need), and toss to coat. **IMPORTANT:** *Wash your hands after handling raw meat.*



Finish and Serve

Finish the **rice** by stirring in the **grated carrot**, **spring onion**, **half the coriander** and remaining **lime zest**. Season to taste with **salt** and **pepper**. Share the **rice** between your bowls. Spoon the **stir-fry** on top of your **rice** and sprinkle over the remaining **coriander**.

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.