



# FIVE SPICE CHICKEN

with Bok Choy and Zesty Rice



## HELLO CHINESE FIVE SPICE

*This classic Chinese blend contains star anise, Sichuan pepper, fennel seeds, cinnamon and cloves.*



Diced Chicken Breast



Soy Sauce



Garlic Clove



Ginger



Lime



Chinese Five Spice



Basmati Rice



Bok Choy

MEAL BAG

20 mins

1 of your 5 a day

Seasoned with our special five spice blend and packed with flavour, this 20-minute chicken recipe is just the thing for busy evenings. The ingredients in our five spice blend combine to form a distinctively peppery, aniseed taste that works beautifully in this dish. We've stir-fried the chicken alongside bok choy, ginger and garlic and served it up with fluffy rice, setting off the flavours with a good squeeze of fresh lime.



## BEFORE YOU START

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



### 1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and a pinch of **salt**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



### 2 GET THE CHICKEN ON

Heat a drizzle of **oil** in a large frying pan over medium heat. When hot, add the **diced chicken** and stir-fry until golden all over and cooked through, 10-12 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



### 3 PREP THE BOK CHOY

While the chicken is cooking, prep the **veggies**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Zest the **lime** then cut into wedges. Trim the **bok choy** then thinly slice widthways.



### 4 ADD THE VEGGIES

Add the **Chinese five spice**, **garlic** and **ginger** and a splash of **water** to the **chicken** and cook, stirring for 1 min. Add the **bok choy** to the pan, stir and cook for 4 more mins before adding the **soy sauce** and **half the lime juice**. Let the **mixture** bubble for a final minute, season to taste and remove from the heat.



### 5 FINISH UP

Fluff up the **rice** with a fork then fold through the **lime zest**. Season with **salt** and **pepper** to taste.



### 6 SERVE

Divide the **zesty rice** between your plates. Top with the **chicken** and **bok choy** and serve with the **lime wedges** for squeezing over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

|   | 2P       | 3P         | 4P        |
|---|----------|------------|-----------|
| Diced Chicken Breast *                  | 280g     | 420g       | 560g      |
| Soy Sauce <sup>11</sup> <sup>13</sup> ) | 1 sachet | 1½ sachets | 2 sachets |
| Garlic Clove *                          | 1        | 2          | 2         |
| Ginger *                                | 1 piece  | 1½ pieces  | 2 pieces  |
| Lime *                                  | 1        | 1½         | 2         |
| Chinese Five Spice                      | ½ pot    | ¾ pot      | 1 pot     |
| Basmati Rice                            | 150g     | 225g       | 300g      |
| Bok Choy *                              | 1 pack   | 1½ packs   | 2 packs   |
| Water*                                  | 300ml    | 450ml      | 600ml     |

\*Not Included

\* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING: 353G | PER 100G  |
|-----------------------------------|-------------------|-----------|
| Energy (kJ/kcal)                  | 1954 / 467        | 553 / 132 |
| Fat (g)                           | 5                 | 1         |
| Sat. Fat (g)                      | 2                 | 1         |
| Carbohydrate (g)                  | 63                | 18        |
| Sugars (g)                        | 2                 | 1         |
| Protein (g)                       | 42                | 12        |
| Salt (g)                          | 2.14              | 0.61      |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

<sup>11</sup>) Soya <sup>13</sup>) 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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