



# LEMON CHICKEN

with Basmati Rice and Mange Tout



30 mins  
3 days

1 of your  
5 a day

Little heat

Zesty and fresh, this sizzling oriental classic is quick and easy to prepare and cook. Tender strips of chicken marinated and stir fried in a crispy coating and then simmered in a lemon and sesame sauce with spring onion, fresh chilli and mange tout, served with fluffy rice. Top with some extra chilli for a spicy kick!



## HELLO SOY SAUCE

Soy sauce is one of the world's oldest condiments and has been used in China for more than 2,500 years.



Chicken Stock Powder



Basmati Rice



Diced Chicken Thigh



Cornflour



Sesame Oil



Spring Onion



Lemon



Red Chilli



Soy Sauce



Rice Vinegar



Mange tout

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucpan** (with a **Lid**), **Mixing Bowl**, **Fine Grater** and **Frying Pan**. 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, add in and dissolve **half the stock powder**, then stir in the **rice**, 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 MARINATE THE CHICKEN

Meanwhile, put the **diced chicken thigh** in a mixing bowl and add **half the cornflour** and **half the sesame oil**. Season with **salt** and **pepper** and mix well with your hands. Leave to one side. ! **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. In a small bowl, mix the remaining **cornflour** with 1tsp of **water** per person. Set aside.



## 3 PREP TIME

Boil your kettle. Trim the **spring onion** and thinly slice. Zest the **lemon** then chop in half. Halve the **chilli** lengthways, deseed and finely chop. In the measuring jug, combine the boiling **water** (see ingredients for amount) with the remaining **stock powder** and **sesame oil**, a pinch of **lemon zest**, the **lemon juice**, **soy sauce**, **rice vinegar**, **sugar** and a pinch of **chilli**. This is your sauce.



## 4 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan or wok on high heat. When hot, add the **chicken** and stir-fry until just turning golden, 3-4 mins. Transfer to a bowl and set aside. Carefully wipe out the pan (it'll be hot!) and return to medium heat. Add the **sauce** and bring to a simmer then whisk in the **cornflour mixture**, making sure there are no lumps.

## 5 FINISH UP

Return the **chicken** to the pan along with the **mangetout** and **half the spring onion**. Simmer until the **chicken** is cooked through, 3-4 mins. ! **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Season to taste with **salt** and **pepper** if needed. ★**TIP:** If you like things zingy, add a pinch more lemon zest.

## 6 SERVE

Fluff up the **rice** with a fork and serve in bowls. Spoon the **lemon chicken** over the top and finish with a sprinkling of remaining **spring onion** and the **chilli** (if you want a bit more kick!). **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 pot	1½ pots	2 pots
Basmati Rice	150g	225g	300g
Diced Chicken Thigh	280g	420g	560g
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Sesame Oil 3)	1 sachet	1½ sachets	2 sachets
Spring Onion	2	3	4
Lemon	2	3	4
Red Chilli	½	½	½
Water for the Sauce*	100ml	150ml	200ml
Soy Sauce 11) 13)	1 sachet	sachets	sachets
Rice Vinegar	1 sachet	sachets	sachets
Sugar*	1½ tsp	2 tsp	1 tbsp
Mangetout	1 pack	2 packs	2 packs

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 479G	PER 100G
Energy (kcal) (kJ)	740 3094	154 646
Fat (g)	25	5
Sat. Fat (g)	5	1
Carbohydrate (g)	78	16
Sugars (g)	8	2
Protein (g)	51	11
Salt (g)	2.91	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

3) Sesame 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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