



Quick & Sticky Chicken with Basmati Rice and Pepper

Rapid 20 Minutes • Very Hot • 2 of your 5 a day

12



Basmati Rice



Red Onion



Bell Pepper



Coriander



Diced Chicken Breast



Cornflour



Thai Style Spice Blend



Hoisin Sauce



Soy Sauce



Lime

Before you start

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

Cooking tools

Saucepan, lid, sieve, frying pan, bowl and zester.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Cornflour	20g	20g	40g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11	2 sachets	3 sachets	4 sachets
Soy Sauce 11 13	25ml	38ml	50ml
Water for the Sauce*	50ml	75ml	100ml
Lime**	1	1	1

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2483 /593	545 /130
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	96	21
Sugars (g)	18	4
Protein (g)	45	10
Salt (g)	3.72	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

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.

Contact

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Cook the Rice

- Bring a large saucepan of **water** to the boil with a **½ tsp salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins.
- Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).



Fry the Chicken

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Pop the **diced chicken breast** into a bowl with the **cornflour**, season with **salt** and **pepper**, then toss to coat.
- Once the **oil** is hot, add the **chicken** to the pan and stir-fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Sprinkle on the **Thai style spice blend**. **TIP:** Add less if you don't like too much heat.



Add the Veggies

- When the **chicken** is cooked, add the **red onions** and **peppers**. Stir-fry until softened, 2-3 mins.
- Lower the heat and stir in the **hoisin sauce**, **soy sauce** and **water for the sauce** (see ingredients for amount).
- Bring to a bubble and cook until the **chicken** is nicely coated. Remove from the heat.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Finish Off

- Zest and halve the **lime**.
- Mix the **coriander** and a squeeze of **lime juice** through the **stir-fry**.
- When the **rice** is cooked, fluff it up with a fork. Mix in the **lime zest**. Taste and season with **salt** and **pepper** if needed.



Serve

- Chop the remaining **lime** into **wedges**.
- Share the **rice** between your bowls and spoon your **sticky chicken** on top.
- Serve with a **lime wedge** for squeezing over.

Enjoy!