



Firecracker Inspired Chicken with Spiced Wedges and Tenderstem®

24

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Chinese Five
Spice



Cornflour



Diced Chicken
Breast



Tenderstem®
Broccoli



Sriracha



Soy Sauce



Ginger Puree



Spring Onion

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

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

Cooking tools

Baking tray, bowl, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	1 sachet
Cornflour	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Tenderstem® Broccoli**	150g	200g	300g
Sriracha	15g	22g	30g
Soy Sauce (11) (13)	25ml	25ml	50ml
Ginger Puree	15g	15g	30g
Spring Onion**	1	2	2

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	491g 1780 /425	100g 363 /87
Fat (g)	3.5	0.7
Sat. Fat (g)	0.9	0.2
Carbohydrate (g)	56.2	11.5
Sugars (g)	9.4	1.9
Protein (g)	42.1	8.6
Salt (g)	3.99	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

(11) Soya (13) Cereals containing 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 Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **Chinese Five Spice**, then season with **salt** and **pepper**. Toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix your Firecracker Sauce

Meanwhile, in a small bowl, mix together the **sriracha** (add less if you'd prefer things milder), **soy sauce, ketchup** and **water for the sauce** (see pantry for both amounts).

Once the **chicken** is cooked, add the **ginger puree** to the pan and cook until fragrant, 1 min.

Stir in your **firecracker sauce**, then bring to the boil. Simmer until thickened, 2-3 mins, then remove from the heat. Cover to keep warm.



Weight Watchers



Fry the Chicken

Pop the **cornflour** into a large bowl, then add the **diced chicken** and toss to coat completely.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **cornflour chicken** to the pan and fry until golden brown on the outside and cooked through, 8-10 mins. Discard any excess **cornflour** from the bowl. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finishing Touches

Trim and thinly slice the **spring onion**.

Reheat the **firecracker chicken** if needed, adding a splash of **water** if it's a little dry.



Broccoli Time

While the **chicken** cooks, halve any thick **broccoli stems** lengthways.

Heat a drizzle of **oil** in another large frying pan on medium-high heat.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

Once cooked, cover with a lid or foil to keep warm.



Serve Up

Share the **firecracker chicken, spiced wedges** and **broccoli** between your plates.

Spoon any remaining **sauce** from the pan over the **chicken**.

Sprinkle the **spring onion** over to finish.

Enjoy!