



Glazed Chicken and Pepper Stir-Fry with Bulgur Wheat

Calorie Smart 25-30 Minutes • 1 of your 5 a day • Under 650 Calories

24



Red Onion



Bell Pepper



Garlic Clove



Cornflour



Diced Chicken Breast



Chicken Stock Paste



Bulgur Wheat



Ketjap Manis



Rice Vinegar

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

Garlic press, bowl, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Ketjap Manis 11	50g	75g	100g
Rice Vinegar	30ml	45ml	60ml
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Tomato Ketchup*	2½ tbsp	4 tbsp	5 tbsp
Water for the Sauce*	75ml	100ml	150ml

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2293 /548	575 /137
Fat (g)	4.5	1.1
Sat. Fat (g)	1.1	0.3
Carbohydrate (g)	86.6	21.7
Sugars (g)	27.8	7.0
Protein (g)	41.5	10.4
Salt (g)	3.48	0.87

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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Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then thirds.

Peel and grate the **garlic** (or use a garlic press).

Put the **cornflour** in a large bowl and season with **salt** and **pepper**. Add the **chicken** to the bowl and toss to coat completely. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Fry the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil** (no need to clean).

Once hot, add the **diced chicken** and fry, turning frequently, until golden all over, 6-7 mins total. Turn every 2-3 mins.

Meanwhile, in a medium bowl, combine the **ketjap manis**, **rice vinegar**, **ketchup** and **water for the sauce** (see pantry for both amounts).



Weight Watchers



Bring on the Bulgur

Pour the **water for the bulgur** (see pantry for amount) into a saucepan, then stir in the **chicken stock paste** and bring to the boil.

Once boiling, add the **bulgur wheat**. Stir well, bring back up to the boil and simmer for 1 min, then pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



Sauce Things Up

Once the **chicken** is golden, add the **cooked veg** back into the pan and cook for 1 min more.

Pour the **sauce** into the pan and simmer, stirring occasionally, until the **mixture** has reduced slightly and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Remove from the heat and season to taste with **salt** and **pepper**.



Cook the Veg

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **sliced pepper** and season with **salt** and **pepper**. Fry, stirring occasionally, until beginning to soften, 3-4 mins.

Add the **onion** and another drizzle of **oil** to the pan, then cook, stirring occasionally, until softened, 4-5 mins.

Stir in the **garlic** and cook for 1 min more, then transfer the **cooked veg** to a bowl and set aside.



Finish and Serve

Fluff up the **bulgur wheat** with a fork, season to taste with **salt** and **pepper**, then share between your bowls.

Spoon the **chicken stir-fry** on top.

Enjoy!