



Sweet and Spicy Indo-Chinese Veggie Stir-Fry with Coriander Rice and Peanuts

20

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day



Aubergine



Bell Pepper



Green Beans



Basmati Rice



Garlic Clove



Coriander



Salted Peanuts



Soy Sauce



Chinese Five Spice



Honey



Sriracha Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, saucepan, lid, garlic press, rolling pin, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1½	2
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	40g
Soy Sauce 11) 13)	30ml	45ml	60ml
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Honey	30g	45g	60g
Sriracha Sauce	15g	22g	30g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp
Water for the Sauce*	100ml	150ml	200ml

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	579g	100g	709g	100g
Energy (kJ/kcal)	2093 / 500	362 / 86	2741 / 655	387 / 92
Fat (g)	7.9	1.4	10.2	1.4
Sat. Fat (g)	1.4	0.2	2.1	0.3
Carbohydrate (g)	94.1	16.3	94.2	13.3
Sugars (g)	27.7	4.8	27.8	3.9
Protein (g)	14.5	2.5	46.0	6.5
Salt (g)	3.96	0.68	4.16	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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1 Prep the Veg

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

Trim the **aubergine**, then cut into roughly 2cm pieces.

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Trim the **green beans**, then cut into thirds.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Once the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



4 Get Stir-Frying

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

Once hot, add the **pepper chunks** and **green beans**. Stir-fry until tender and slightly charred, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan before the **veg** and cook for 5-6 mins, then add the **veg** to the pan and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



2 Cook the Rice

In the meantime, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5 Sauce Things Up

Once the **veg** is tender, pour the **sticky sauce** into the pan. Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.

Stir through the **roasted aubergine** until coated in the **sauce**.

Remove from the heat, then taste and add more **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



3 Grate, Chop and Mix

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).

Crush the **peanuts** in the unopened sachet using a rolling pin.

In a medium bowl, combine the **soy sauce**, **Chinese Five Spice**, **garlic**, **honey**, **sriracha sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). Set your **sticky sauce** aside.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



6 Finish and Serve

Fluff up the **rice** with a fork, then stir through **half** the **coriander** and share between your bowls.

Top with the **aubergine stir-fry**, spooning over the remaining **sauce** from the pan.

Finish with a sprinkling of the **crushed peanuts** and the remaining **coriander**.

Enjoy!