



# Spiced Chicken and Pepper Stew with Garlic Rice and Soured Cream

Family 30-35 Minutes • Mild Spice • 2 of your 5 a day

1



Garlic Clove



Bell Pepper



Basmati Rice



Diced Chicken Breast



Central American Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Soured Cream



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Butter, Sugar

### 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

Garlic press, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Bell Pepper***	1	2	2
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	150g	150g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	633g	100g	678g	100g
Energy (kJ/kcal)	2775 /663	438 /105	3603 /861	531 /127
Fat (g)	19.7	3.1	35.9	5.3
Sat. Fat (g)	10.5	1.7	16.5	2.4
Carbohydrate (g)	80.6	12.7	82.0	12.1
Sugars (g)	13.1	2.1	13.3	2.0
Protein (g)	43.2	6.8	54.4	8.0
Salt (g)	2.72	0.43	5.31	0.78

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

## Allergens

### 7) Milk

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, cereals containing 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.

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## Fry the Garlic

Peel and grate the **garlic** (or use a garlic press).  
Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

Once hot, add **half** the **garlic** and stir-fry for 1 min.



## Simmer your Stew

Stir the **Central American style spice mix** and remaining **garlic** into the **chicken**. Fry for 30 secs.

Pour in the **chopped tomatoes** (see ingredients for amount), **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), stirring to combine.

Bring to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



## Bring on the Garlic Rice

Stir the **rice** into the **garlic** and cook until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) into the pan 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).



## Finish Up

Once the **chicken** is cooked and the **sauce** has thickened, season with **salt** and **pepper**, then remove from the heat.

Fluff up the **rice** with a fork.



## Time to Fry

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and **sliced pepper** to the pan. Season with **salt** and **pepper**.

Fry until the **chicken** is browned all over and the **pepper** is tender, 5-6 mins. Turn occasionally.

**IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

## CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **chicken** and **pepper**. Fry until golden, 5-6 mins, then continue as instructed.



## Serve

Share the **garlic rice** between your bowls and spoon the **chicken stew** on top.

Top with a spoonful of **soured cream** to finish.

## Enjoy!