



Sweet and Sticky Chicken Stir-Fry with Pepper, Onion and Jasmine Rice

Quick 20 Minutes

12



Bell Pepper



Red Onion



Corn Flour



Diced Chicken Breast



Jasmine Rice



Garlic Clove



Ketjap Manis



Rice Vinegar



Honey



Roasted White Sesame Seeds

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

Kettle, frying pan, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Cornflour	10g	15g	20g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	44ml	66ml
Honey	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 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 green, 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)	2594 /620	573 /137
Fat (g)	4.6	1.0
Sat. Fat (g)	1.1	0.2
Carbohydrate (g)	103.6	22.9
Sugars (g)	31.8	7.0
Protein (g)	40.1	8.9
Salt (g)	2.44	0.54

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

Allergens

3) Sesame **11)** Soya

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.


Contact

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Prep Time

- Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Halve, peel and chop the **red onion** into 2cm chunks.
- In a large bowl, add the **cornflour** and season with **salt** and **pepper**. Add the **diced chicken** and toss to coat completely in the **cornflour**.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.



Bring on the Garlic

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Once the **chicken** is golden and the **veg** has softened, add the **garlic** to the pan and fry until fragrant, 1 min.



Fry the Chicken and Veg

- Once hot, add the **cornflour chicken**, **pepper chunks** and **onion** to the pan and season with **salt** and **pepper**.
- Fry until the **chicken** is browned and the **veg** has softened, 8-10 mins. Adjust the heat if necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Sauce Things Up

- Stir in the **ketjap manis**, **rice vinegar**, **honey**, **ketchup** and **water for the sauce** (see pantry for both amounts). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Add a splash of **water** if you feel it needs it.



Cook the Rice

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **sweet and sticky chicken stir-fry**.
- Sprinkle over the **sesame seeds**.

Enjoy!