



# Indo Chinese Style Chilli Chicken

with Stir-Fried Veg and Basmati Rice

Customer Favourites 30-35 Minutes • Medium Spice • 1 of your 5 a day

40A



Basmati Rice



Cornflour



Chinese Five Spice



Diced Chicken Breast



Bell Pepper



Onion



Garlic Clove



Spring Onion



Soy Sauce



Honey



Sriracha Sauce

## CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.

Happy cooking!

## 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. Ingredients in **red** are hot!

## Cooking tools

Saucepan, lid, bowl, frying pan, kitchen paper and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Cornflour	10g	20g	20g
Chinese Five Spice	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	1 pack	1 pack	1 pack
Bell Pepper***	1	2	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
Soy Sauce <b>(11) (13)</b>	25ml	40ml	50ml
Honey	30g	45g	60g
Sriracha Sauce	15g	30g	30g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Water for the Sauce*	75ml	120ml	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	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>626g</b>	<b>100g</b>
Energy (kJ/kcal)	2489 / 595	398 / 95
Fat (g)	3.4	0.5
Sat. Fat (g)	0.8	0.1
Carbohydrate (g)	98.0	15.7
Sugars (g)	28.8	4.6
Protein (g)	41.9	6.7
Salt (g)	3.87	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

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

## 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, 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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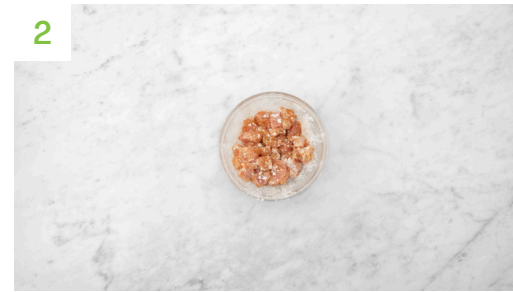


### 1 Cook the Rice

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

Stir in the **rice** and  $\frac{1}{4}$  **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).



### 2 Coat the Chicken

Meanwhile, put the **cornflour** into a large bowl, season with **salt** and **pepper** and add **half** the **Chinese Five Spice**.

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.



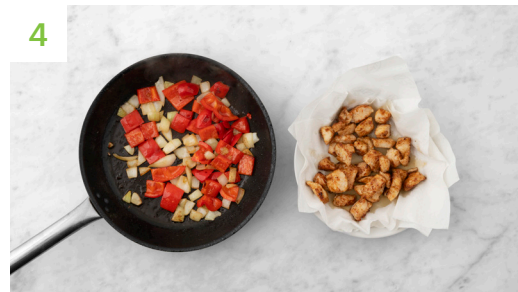
### 3 Fry the Chicken

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

Once hot, add the **chicken** to the pan (discard any remaining **cornflour** left in the bowl).

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once the **chicken** is cooked, transfer to a plate lined with kitchen paper.



### 4 Stir-Fry the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Halve and peel the **onion**. Chop both into 2cm chunks.

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Wipe out your (now empty) pan, then pop it back on medium-high heat with a drizzle of **oil**. Once hot, add the **pepper** and **onion**. Stir-fry until tender and slightly charred, 5-7 mins. Season with **salt** and **pepper**.

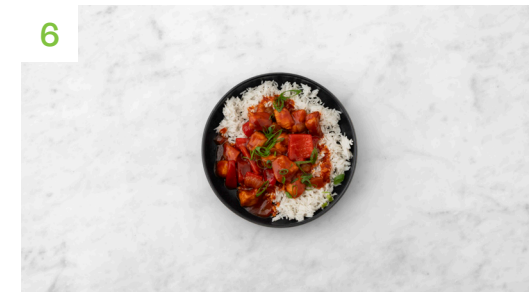


### 5 Sticky Sauce Time

Meanwhile, in a medium bowl, combine the **garlic**, **soy sauce**, **honey**, **sriracha**, **ketchup**, **water for the sauce** (see pantry for both amounts) and the remaining **Chinese Five Spice**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Return the **chicken** to the pan and pour over the **sauce**. Bring to the boil, then simmer until thickened, 2-3 mins.

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



### 6 Finish and Serve

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **sticky veg and chicken**, spooning over the remaining **sauce** from the pan.

Finish with a sprinkle of **spring onion**.

## Enjoy!