



# Beijing Style Chicken and Pak Choi Stir-Fry with Jasmine Rice

11

**Quick** 20 Minutes • 1 of your 5 a day



Jasmine Rice



Pak Choi



Onion



Diced Chicken Thigh



Ginger Puree



Miso Paste



Hoisin Sauce



Ketjap Manis



Soy Sauce



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your 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.

## Cooking tools

Kettle, saucepan, sieve, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Pak Choi**	1	1½	2
Onion**	1	1	2
Diced Chicken Thigh**	260g	390g	520g
Ginger Puree	15g	22g	30g
Miso Paste <b>11)</b>	22g	30g	44g
Hoisin Sauce <b>11)</b>	32g	48g	64g
Ketjap Manis <b>11)</b>	25g	37g	50g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml

Diced Chicken Breast**	1 pack	1 pack	1 pack
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Pantry	2P	3P	4P
Water for the Sauce*	75ml	110ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	433g	100g	433g	100g
Energy (kJ/kcal)	2602 /622	601 /144	2341 /560	540 /129
Fat (g)	14.6	3.4	4.5	1.0
Sat. Fat (g)	4.0	0.9	1.0	0.2
Carbohydrate (g)	86.5	20.0	86.2	19.9
Sugars (g)	20.1	4.6	20.1	4.6
Protein (g)	39.0	9.0	41.9	9.7
Salt (g)	4.76	1.10	4.69	1.08

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. Be careful when adding water to hot pans while cooking.

## Contact

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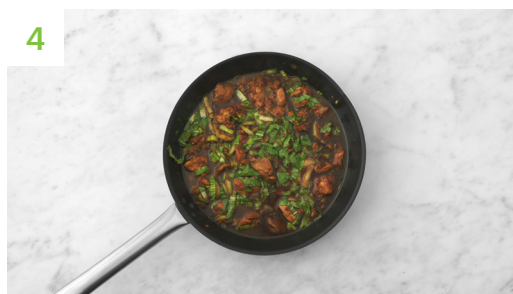
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## Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ 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.



## Add the Sauce

- Lower the heat to medium, then add the **sliced pak choi** and **ginger puree** to the **chicken** and cook until fragrant, 1 min.
- Stir in the **miso paste**, **hoisin sauce**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount).



## Get Prepped

- Meanwhile, trim the **pak choi**, then thinly slice widthways.
- Halve, peel and chop the **onion** into small pieces.



## Simmer the Chicken

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

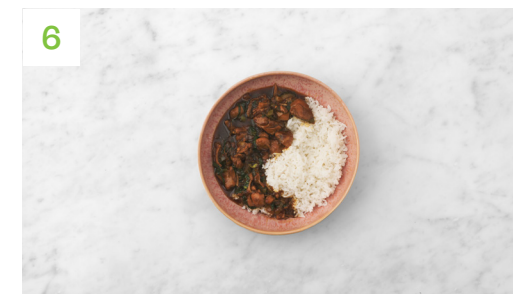


## Time to Fry

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **onion** to the pan. Season with **salt** and **pepper**.
- Stir-fry until the **chicken** has browned all over and the **veg** is starting to soften, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Serve

- When everything's ready, share the **rice** between your bowls.
- Top with the **Beijing style chicken**.

## Enjoy!