



Peri Peri Chicken

with Pepper, Rice and Peas

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

7



Bell Pepper



Basmati Rice



Diced Chicken Thigh



Peri Peri Seasoning



Tomato Puree



Chicken Stock Paste



Peas



BBQ Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Peri Peri Seasoning	1 sachet	1½ sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
BBQ Sauce**	32g	48g	64g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	447g	100g	447g	100g
Energy (kJ/kcal)	2565 /613	574 /137	2303 /551	516 /123
Fat (g)	14.6	3.3	4.4	1.0
Sat. Fat (g)	4.1	0.9	1.1	0.2
Carbohydrate (g)	87.4	19.6	87.1	19.5
Sugars (g)	14.4	3.2	14.4	3.2
Protein (g)	40.7	9.1	43.5	9.7
Salt (g)	1.97	0.44	1.91	0.43

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

Allergens

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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1



Start Prep

- Boil a half-full kettle.
- Meanwhile, slice the **pepper** into strips.
- Pour the **boiling water** into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.

2



Fry Chicken

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **chicken**, **pepper** and **peri peri seasoning**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

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

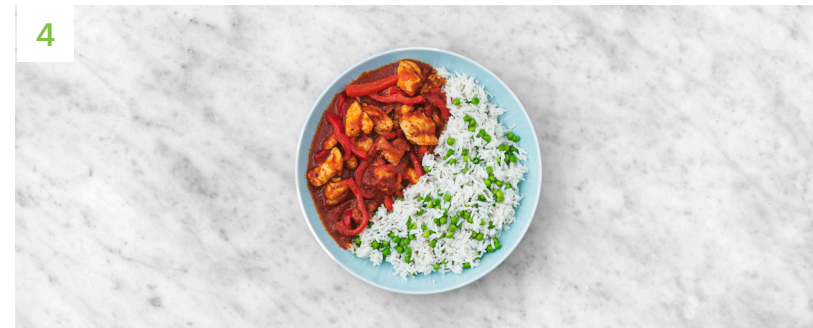
3



Simmer Time

- Stir the **tomato puree**, **chicken stock paste**, **sugar** and **water** (see pantry for both) into the **chicken**.
- Bring to the boil, then lower the heat. Simmer, 3-4 mins. **IMPORTANT:** Cook so there's no pink in the middle.
- Once the **rice** is cooked, drain, pop back in the pan and stir in the **peas**. Cover, 1 min.

4



Dinner's Ready!

- Once the **chicken** is cooked, stir through the **BBQ sauce**.
- Share the **rice**, **chicken** and **veg** between your bowls.
- Spoon over any remaining **sauce**.

Enjoy!