



Sweet and Spicy Gochujang Chicken

with Jasmine Rice and Peanuts

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

7



Diced British Chicken Thigh



Sliced Mushrooms



Jasmine Rice



Coleslaw Mix



Gochujang Paste



Teriyaki Sauce



Salted Peanuts



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

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, frying pan, saucepan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	520g
Sliced Mushrooms**	80g	120g	180g
Jasmine Rice	150g	225g	300g
Coleslaw Mix**	120g	180g	240g
Gochujang Paste 11	50g	80g	100g
Teriyaki Sauce 11	75g	100g	150g
Salted Peanuts 1	25g	40g	40g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	415g	100g	415g	100g
Energy (kJ/kcal)	3157 / 754	761 / 182	2896 / 692	698 / 167
Fat (g)	28.4	6.8	18.2	4.4
Sat. Fat (g)	10.3	2.5	7.3	1.8
Carbohydrate (g)	86.5	20.8	86.2	20.8
Sugars (g)	21.8	5.3	21.8	5.2
Protein (g)	40.6	9.8	43.5	10.5
Salt (g)	4.08	0.98	4.02	0.97

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

Allergens

1) Peanut **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, mollusc, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Get Started

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **mushrooms**, 6-8 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

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

2



Rice Time

- Meanwhile, once the kettle has boiled, pour it into a saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

3



Add Flavour

- Add the **coleslaw** to the **chicken**. Stir-fry, 2-3 mins. **IMPORTANT:** Cook so there's *no pink in the middle of the chicken*.
- Stir in the **gochujang**, **teriyaki**, **butter** and **water** (see pantry for both amounts). Simmer, 1-2 mins.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Taste and season the **chicken** with **salt** and **pepper** if needed, then spoon it over the **rice**.
- Sprinkle over the **peanuts**.

Enjoy!