



Sticky Bang Bang Style Chicken

with Garlic Rice and Sesame Soy Vegetables

Street Food 30-35 Minutes • Medium Spice • 1 of your 5 a day

34



Garlic Clove



Jasmine Rice



Lime



Spring Onion



British Chicken Breasts



Chinese Five Spice



Tenderstem® Broccoli



Sugar Snap Peas



Roasted White Sesame Seeds



Soy Sauce



Sriracha Sauce



Sweet Chilli Sauce

Pantry Items

Oil, Salt, Pepper, Butter, Plain Flour

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

Garlic press, lid, baking paper, rolling pin, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Jasmine Rice	150g	225g	300g
Lime**	1	1½	2
Spring Onion**	1	1½	2
British Chicken Breasts**	2	3	4
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	150g	230g	300g
Sugar Snap Peas**	80g	150g	150g
Roasted White Sesame Seeds 3)	5g	7g	10g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sriracha Sauce	30g	45g	60g
Sweet Chilli Sauce	64g	96g	128g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Plain Flour*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	635g 2922 /698	100g 460 /110
Fat (g)	14.4	2.3
Sat. Fat (g)	6.7	1.1
Carbohydrate (g)	91.3	14.4
Sugars (g)	20.4	3.2
Protein (g)	52.3	8.2
Salt (g)	2.79	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

3) Sesame **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, 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



Start the Garlic Rice

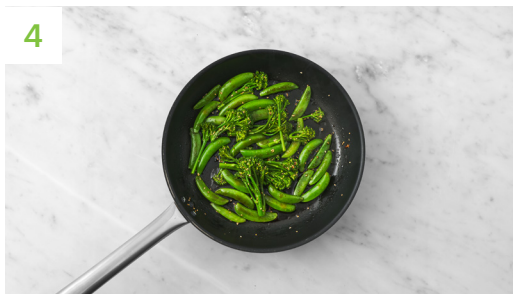
Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When the **butter** has melted, add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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).



Start your Stir-Fry

In the meantime, wipe out the (now empty) pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **sugar snap peas** and stir-fry until tender, 2-3 mins.

Stir in the remaining **garlic**. Fry for 1 min.

Remove the pan from the heat, stir through **half** the **sesame seeds** and **half** the **soy sauce**. Set aside.



Prep Time

Meanwhile, halve the **lime**. Trim and thinly slice the **spring onion**.

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick.

Put the **flour** (see pantry for amount) in a large bowl with the **Chinese Five Spice**, season with **salt** and **pepper** and mix together.

Lay your **chicken breast** in the bowl, then toss to ensure it gets an even coating of flour. Repeat for the other **breast(s)**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Bang Bang Sauce Time

In a large bowl, combine the **sriracha** (add less if you'd prefer things milder), **sweet chilli sauce**, a good squeeze of **lime juice** and the remaining **soy sauce**.

Once the **chicken** is cooked, add to the bowl and turn to coat in the **sauce**.



Fry the Chicken

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

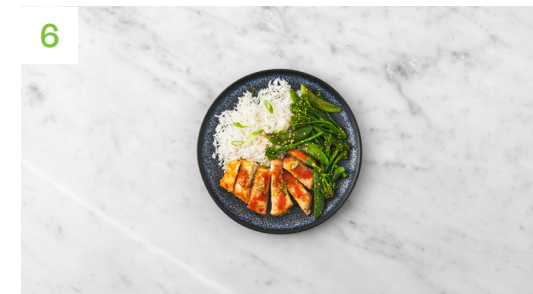
Once hot, lay the **chicken** into the pan. Cook until browned, 3-4 mins each side.

Once browned, transfer to a baking tray and roast on the top shelf of your oven until cooked, 8-10 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

While it's in the oven, halve any thick **broccoli stems** lengthways. Pop the **broccoli** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf of your oven until tender and crispy, 10-12 mins.



Serve Up

When everything's ready, transfer your **bang bang chicken** to your plates, spooning over any remaining **sauce** from the bowl.

Fluff up the **garlic rice** with a fork and serve alongside with the **roasted broccoli** and **sugar snaps**.

Sprinkle with the **spring onion** and remaining **sesame seeds** to finish.

Enjoy!