



Sweet and Sticky Korean Style Chicken Stir-Fry with Sugar Snap Peas, Mixed Peppers and Jasmine Rice

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day

48



Diced British Chicken Breast



Mixed Peppers and Red Onion



Jasmine Rice



Garlic Clove



Lime



Ketjap Manis



Gochujang Paste



Honey



Sugar Snap Peas



Roasted White Sesame Seeds

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

Kettle, frying pan, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	520g
Mixed Peppers and Red Onion**	300g	600g	600g
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1	1
Ketjap Manis 11)	25g	37g	50g
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Sugar Snap Peas**	80g	150g	150g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	2545/608	483/115
Fat (g)	4.9	0.9
Sat. Fat (g)	1.1	0.2
Carbohydrate (g)	97.8	18.5
Sugars (g)	31.7	6.0
Protein (g)	42.2	8.0
Salt (g)	3.00	0.57

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

Allergens

3) Sesame 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

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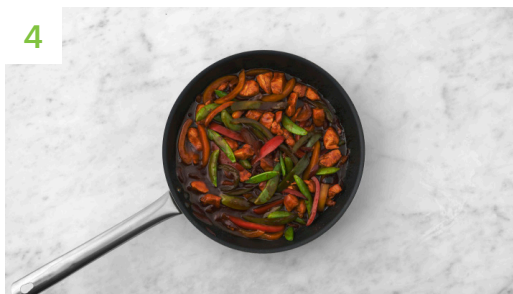
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Fry the Chicken and Veg

- Boil a half-full kettle.
 - Heat a drizzle of **oil** in a large frying pan on medium-high heat.
 - Once hot, add the **diced chicken** and the **mixed peppers and red onion** to the pan.
 - Fry until the **chicken** is browned and the **veg** has softened, 8-10 mins. Adjust the heat if necessary.
- IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



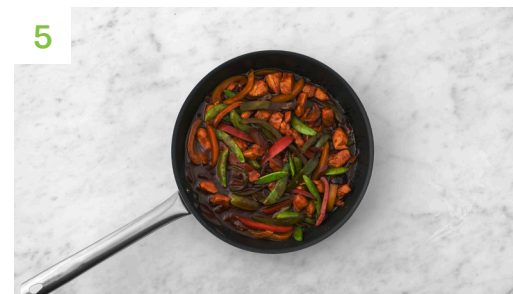
Sauce Things Up

- Stir in the **ketjap manis**, **gochujang paste** (add less if you'd prefer things milder), **honey**, **ketchup** and **water for the sauce** (see pantry for both amounts).
TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Add the **sugar snap peas**, bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.



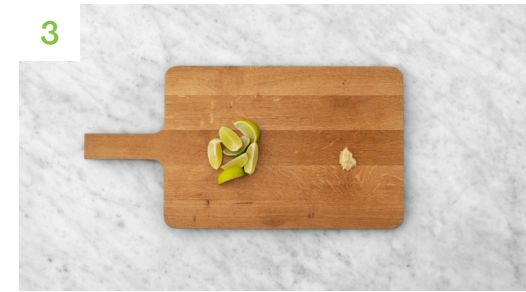
Cook the Rice

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **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.



Finish Off

- Add a good squeeze of **lime juice**. Taste and season with **salt**, **pepper** and more **lime juice** if needed.
- Add a splash of **water** if you feel it needs it.



Bring on the Garlic

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges.
- Once the **chicken** is golden and the **veg** has softened, add the **garlic** to the pan and fry until fragrant, 1 min.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **sweet and sticky chicken stir-fry**.
- Sprinkle over the **sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!