



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

27

Calorie Smart

20 Minutes • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Pak Choi



Onion



Diced British
Chicken Thigh



Ginger Puree



Miso Paste



Hoisin Sauce



Ketjap Manis



Soy Sauce



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast,
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 British Chicken Thigh**	240g	390g	520g
Ginger Puree	15g	22g	30g
Miso Paste 11)	22g	30g	44g
Hoisin Sauce 11)	32g	48g	64g
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml
Diced British Chicken Breast**	240g	390g	520g
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	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	1.1	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, 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



Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ tsp **salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Prepped

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

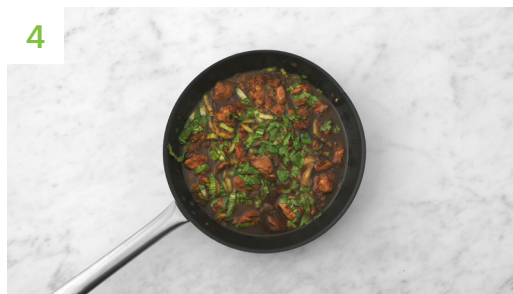


Time to Fry

- 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.

 Swap to Chicken Breast

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



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).



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.



Serve

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

Enjoy!