



Spiced Chicken and Pepper Stew with Garlic Rice and Soured Cream

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

10



Garlic Clove



Bell Pepper



Basmati Rice



Diced British
Chicken Breast



Central American
Style Spice Mix



Tomato Passata



Chicken Stock
Paste



Soured Cream

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

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, saucepan, lid and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|------------|-----------|
| Garlic Clove** | 3 | 4 | 6 |
| Bell Pepper*** | 1 | 2 | 2 |
| Basmati Rice | 150g | 225g | 300g |
| Diced British Chicken Breast** | 240g | 390g | 520g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste | 10g | 15g | 20g |
| Soured Cream** 7) | 75g | 150g | 150g |
| Pantry | 2P | 3P | 4P |
| Butter* | 20g | 30g | 40g |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 641g | 100g |
| Energy (kJ/kcal) | 2755/659 | 430/103 |
| Fat (g) | 19.6 | 3.1 |
| Sat. Fat (g) | 10.5 | 1.6 |
| Carbohydrate (g) | 80.3 | 12.5 |
| Sugars (g) | 12.5 | 2.0 |
| Protein (g) | 42.8 | 6.7 |
| Salt (g) | 2.21 | 0.35 |

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

Allergens

7) Milk

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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1 Fry the Garlic

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

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

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

Once hot, add **half** the **garlic** and stir-fry for 1 min.



2 Bring on the Rice

Stir the **rice** into the **garlic** and cook until coated, 1 min.

Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) into the pan 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).



3 Time to Fry

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and **sliced pepper** to the pan. Season with **salt** and **pepper**.

Fry until the **chicken** is browned all over and the **pepper** is tender, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



4 Simmer your Stew

Stir the **Central American style spice mix** and remaining **garlic** into the **chicken**. Fry for 30 secs.

Pour in the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), stirring to combine.

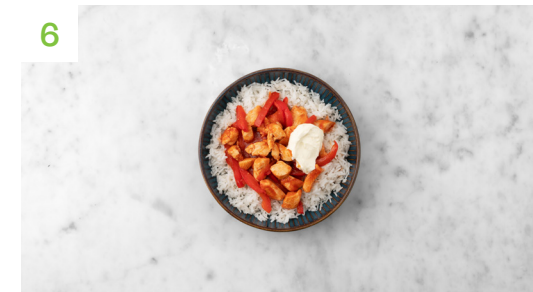
Bring to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



5 Finish Up

Once the **chicken** is cooked and the **sauce** has thickened, season with **salt** and **pepper**, then remove from the heat.

Fluff up the **rice** with a fork.



6 Serve

Share the **garlic rice** between your bowls and spoon the **chicken stew** on top.

Top with a spoonful of **soured cream** to finish.

Enjoy!