



Speedy Smoky Chicken and Rice

with Green Beans and Soured Cream

Super Quick 15 Minutes • Mild Spice

7



Green Beans



Basmati Rice



Diced British Chicken Breast



Peri Peri Seasoning



Tomato Puree



Vegetable Stock Paste



Smoky Base Paste



Soured Cream



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter, Honey

Make it Pescatarian

If you chose to make this recipe pescatarian, 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, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	112g	150g
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	480g
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Soured Cream** 7)	75g	112g	150g
King Prawns** 5)	225g	300g	450g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Honey*	1 tbs	1½ tbs	2 tbs
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	387g	100g	369g	100g
Energy (kJ/kcal)	2744 / 656	709 / 170	2346 / 561	635 / 152
Fat (g)	19.8	5.1	18.1	4.9
Sat. Fat (g)	10.4	2.7	10.0	2.7
Carbohydrate (g)	79.8	20.6	79.7	21.6
Sugars (g)	13.1	3.4	13.0	3.5
Protein (g)	42.0	10.9	23.9	6.5
Salt (g)	2.79	0.72	4.11	1.11

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

Allergens

5) Crustaceans **7)** Milk **10)** Celery

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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Cook Rice

- Boil a half-full kettle.
- Trim the **green beans**. Cut into thirds.
- Pour the **boiling water** 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.



Flavour Time

- Next, add the **peri peri seasoning** and **tomato puree** to the **chicken**. Stir-fry, 1 min.
- Stir in the **veg stock paste, smoky base paste, butter, honey** and **water for the sauce** (see pantry for all three).
- Bring to a boil. Simmer, 3-4 mins. **IMPORTANT:** Cook so there's no pink in the middle of the chicken.



Fry Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **beans**, 5-6 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then add to the pan with the **beans**. Fry for the same amount of time, the **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Dinner's Ready!

- Add the **rice** to the **chicken**. Stir well to coat. Taste and season with **salt** and **pepper** if needed.
- Share between your bowls. Top with the **soured cream**.

Enjoy!