



Sweet and Sticky THIS™ Isn't Chicken Stir-Fry with Tenderstem® Broccoli, Green Beans, Onion and Sesame Seeds

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie

49



Jasmine Rice



Garlic Clove



Onion



Green Beans



Tenderstem® Broccoli



THIS™ Isn't Chicken
Plant-Based Pieces



Thai Style Spice
Blend



Ketjap Manis



Rice Vinegar



Roasted White Sesame
Seeds



A fast favourite, stir-frying is the perfect method to build flavour and cook quickly! Here, we're using THIS™ Isn't Chicken, which is made from soy and pea proteins with a hyper-realistic texture that tastes just like the real thing.

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, 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

Saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Onion	1	1½	2
Green Beans**	80g	150g	160g
Tenderstem® Broccoli**	80g	150g	160g
THIS™ Isn't Chicken Plant-Based Pieces** 11)	170g	255g	340g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	30ml	44ml	60ml
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2343 /560	551 /132
Fat (g)	5.4	1.3
Sat. Fat (g)	1.3	0.3
Carbohydrate (g)	94.8	22.3
Sugars (g)	26.6	6.3
Protein (g)	29.3	6.9
Salt (g)	3.33	0.78

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. HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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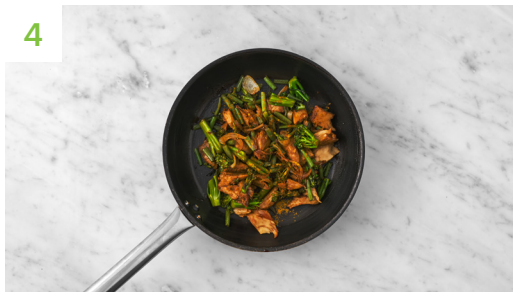


Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



Build the Flavour

Add the **garlic** and **Thai style spice mix** to the pan and fry until fragrant, 1 min.

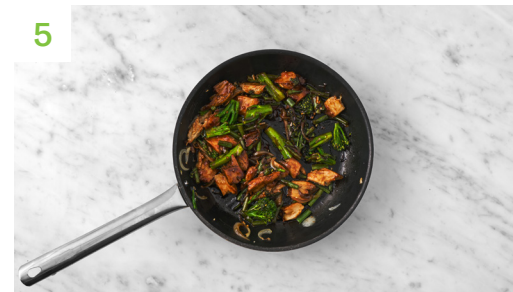


Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve, peel and thinly slice the **onion**. Trim the **green beans**, then cut into thirds.

Halve any thick **broccoli stems** lengthways, then cut into thirds.



Sauce Time

Stir in the **ketjap manis**, **rice vinegar**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts). Bring to a boil, then reduce the heat and simmer until thickened, 3-4 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Get Frying

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

Once hot, add the **onion**, **beans**, **broccoli** and **THIS™ Isn't Chicken**.

Fry until the **veg** has softened and the **THIS™ Isn't Chicken** is golden brown, 6-8 mins. Season with **salt** and **pepper**.



Serve Up

Share the **rice** between your bowls.

Spoon over the stir-fried **sweet and sticky THIS™ Isn't Chicken** and **veg**.

Sprinkle over the **sesame seeds** to finish.

Enjoy!