



Beijing Style Chicken and Pepper Stir-Fry with Jasmine Rice and Sesame Seeds

Rapid 20 Minutes • 1 of your 5 a day

16



Jasmine Rice



Bell Pepper



Onion



Diced Chicken Thigh



Ginger Puree



Miso Paste



Hoisin Sauce



Ketjap Manis



Black Sesame Seeds



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, 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
Bell Pepper***	1	1	2
Onion**	1	1	2
Diced Chicken Thigh**	260g	390g	520g
Ginger Puree	15g	22g	30g
Miso Paste 11)	30g	44g	60g
Hoisin Sauce 11)	32g	48g	64g
Ketjap Manis 11)	25g	37g	50g
Black Sesame Seeds 3)	5g	5g	10g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	125ml	190ml	250ml

*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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	394g	100g	394g	100g
Energy (kJ/kcal)	2717 /649	691 /165	2456 /587	624 /149
Fat (g)	16.5	4.2	6.3	1.6
Sat. Fat (g)	4.2	1.1	1.2	0.3
Carbohydrate (g)	89.8	22.8	89.6	22.8
Sugars (g)	22.3	5.7	22.3	5.7
Protein (g)	38.5	9.8	41.4	10.5
Salt (g)	3.64	0.92	3.57	0.91

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, milk, egg, mustard, celery, soya, 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.

Contact

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Cook the Rice

- Boil a 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.



Add the Sauce

- Add the **ginger puree** to the **chicken**, lower the heat to medium and fry for 1 min.
- Stir in the **miso paste, hoisin sauce, ketjap manis** and **water for the sauce** (see pantry for amount).



Finish your Prep

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Halve, peel and chop the **onion** into small pieces.



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.



Time to Fry

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken, pepper chunks** and **onion** to the pan.
- 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.

CUSTOM RECIPE

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



Serve

- When everything's ready, share the **jasmine rice** between your serving bowls.
- Spoon the **Beijing style chicken** on top.
- Garnish with a sprinkle of **sesame seeds**.

Enjoy!