



Chinese Inspired Sweet and Sour Chicken with Pineapple, Pepper and Jasmine Rice

Family 35-40 Minutes • 1 of your 5 a day

7



Bell Pepper



Spring Onion



Garlic Clove



Pineapple Rings



Jasmine Rice



Rice Vinegar



Soy Sauce



Diced Chicken Breast



Cornflour

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.

Cooking tools

Garlic press, saucepan, lid, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Pineapple Rings	1 tin	2 tins	2 tins
Jasmine Rice	150g	225g	300g
Rice Vinegar	30ml	44ml	60ml
Soy Sauce (11) 13)	15ml	25ml	30ml
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	10g	20g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp
Sugar for the Sauce*	1½ tsp	2 tsp	3 tsp
Water for the Sauce*	75ml	100ml	125ml

*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2361/564	540/129
Fat (g)	3.2	0.7
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	90.4	20.7
Sugars (g)	21.0	4.8
Protein (g)	42.2	9.7
Salt (g)	2.41	0.55

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Prepped

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press).

Remove the **pineapple** from the tin (keep the **juice** to make the **sauce** later) and cut into 2cm chunks.



Fry Time

Pop the **chicken** into a bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat.

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

Once hot, add the **chicken** and fry until golden brown and cooked through, 8-10 mins. Discard any **cornflour** left in the bowl. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Cook the Rice

Pour the **cold 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).



Simmer and Stir

Once the **chicken** has browned, transfer it to a clean bowl and set aside.

Lower the heat to medium-high and add the **pepper** to the (now empty) frying pan. Stir-fry until just soft and charred, 5-6 mins.

Add the **pineapple** and stir-fry for a further 1-2 mins, then add the **cooked chicken** and **sweet and sour sauce**.

Bring to the boil, then lower the heat and gently simmer until slightly thickened, 4-5 mins, then remove from the heat.



Make the Sauce

Meanwhile, pour the **pineapple juice** into a bowl and add the **rice vinegar**, **garlic** and **soy sauce**.

Stir in the **tomato ketchup**, **sugar** and **water for the sauce** (see pantry for all amounts).

Mix together until fully combined, then set your **sweet and sour sauce** aside.



Finish and Serve

Taste the **chicken** and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little thick.

When ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **sweet and sour chicken**, then sprinkle over the **spring onion** to finish.

Enjoy!