



# Firecracker Inspired Chicken

with Spicy Salt & Pepper Wedges and Tenderstem®

Calorie Smart 35-40 Minutes • Very Hot • Under 650 Calories

26



Potatoes



Cornflour



Diced Chicken Breast



Tenderstem® Broccoli



Sriracha



Soy Sauce



Ginger Puree



Spring Onion



Chinese Five Spice



Chilli Flakes

#### 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

Baking tray, bowl, frying pan, lid and aluminum foil.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cornflour	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Tenderstem® Broccoli**	80g	120g	160g
Sriracha	15g	22g	30g
Soy Sauce <b>(11) (13)</b>	25ml	25ml	50ml
Ginger Puree	15g	15g	30g
Spring Onion**	1	2	2
Chinese Five Spice	1 sachet	1 sachet	1 sachet
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	150ml
Salt*	¼ tsp	½ tsp	½ tsp
Sugar*	¼ tsp	½ tsp	½ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 457g	Per 100g 100g
Energy (kJ/kcal)	1716/410	375/90
Fat (g)	3.3	0.7
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	55.8	12.2
Sugars (g)	9.2	2.0
Protein (g)	40.6	8.9
Salt (g)	4.82	1.05

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

PersonalPoints™ values based on low-cal cooking spray oil.

## 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.

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## Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Mix your Firecracker Sauce

Meanwhile, in a small bowl, mix together the **sriracha** (add less if you'd prefer things milder) and **soy sauce** with the **ketchup** and **water for the sauce** (see pantry for both amounts).

Once the **chicken** is cooked, add **half** the **ginger puree** to the pan and cook until fragrant, 1 min.

Pour in your **firecracker sauce**, then bring to the boil. Simmer until thickened, 1 min, then remove from the heat.

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## Fry the Chicken

Pop the **cornflour** into a large bowl, then add the **diced chicken** and toss to coat completely in the **cornflour**.

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

Once hot, add the **chicken** to the pan and stir-fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## Make the Spicy Seasoning

When everything's nearly ready, trim and thinly slice the **spring onion**.

Wipe out the (now empty) **broccoli** pan and pop on medium heat with a drizzle of **oil**.

Once hot, add the **spring onion**, **Chinese Five Spice**, **chilli flakes** (add less if you'd prefer things milder), **salt** and **sugar** (see pantry for both amounts) and remaining **ginger puree**. Stir-fry for 1 min, then remove from the heat.



## Broccoli Time

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

Once hot, add the **Tenderstem® broccoli** and stir-fry for 2-3 mins, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**.

Once cooked, transfer to a plate or bowl and cover with foil to keep warm.



## Finish and Serve

When the **wedges** are ready, sprinkle your **spicy seasoning** over the tray and toss to coat.

Reheat the **chicken** if necessary, adding a splash of **water** if it's a little dry.

Share the **spicy wedges** between your plates with the **firecracker chicken** alongside, spooning over the remaining **sauce** from the pan.

Serve with the **broccoli** alongside.

## Enjoy!