



Firecracker Inspired Chicken with Spicy Wedges and Tenderstem®

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

27



Potatoes



Chinese Five Spice



Cornflour



Diced Chicken Breast



Tenderstem® Broccoli



Sriracha



Soy Sauce



Ginger Puree



Spring Onion



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 and lid.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1707 /408	374 /89
Fat (g)	3.3	0.7
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	55.2	12.1
Sugars (g)	8.7	1.9
Protein (g)	40.6	8.9
Salt (g)	3.98	0.87

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.

Contact

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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 the **Chinese Five Spice**, 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 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, 2-3 mins, then remove from the heat. Cover with a lid or foil to keep warm.



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 **diced 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.



Time to Get Spicy

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

Once the wedges are cooked, sprinkle over the **chilli flakes** (add less if you'd prefer things milder).

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



Broccoli Time

While the **chicken** cooks, halve any thick **broccoli stems** lengthways. Heat a drizzle of **oil** in another large frying pan on medium-high heat.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

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



Finish and Serve

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

Serve with the **broccoli** and sprinkle with the **spring onion** to finish.

Enjoy!