



# Firecracker Inspired Chicken with Spiced Wedges and Tenderstem®

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

24



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

## 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 sachet	1 sachet	1 sachet
Cornflour	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Tenderstem® Broccoli**	80g	120g	160g
Sriracha	15g	23g	30g
Soy Sauce <b>11)</b> <b>13)</b>	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	15g	30g
Spring Onion**	1	2	2
Chilli Flakes	1 pinch	1 pinch	2 pinches
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1684 /403	376 /90
Fat (g)	3.3	0.7
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	54.8	12.2
Sugars (g)	8.6	1.9
Protein (g)	39.8	8.9
Salt (g)	2.80	0.62

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ 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 **Chinese Five Spice**, **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), **soy sauce**, **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 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 fry until golden brown on the outside and cooked through, 8-10 mins. Discard any excess **cornflour**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Finishing Touches

Trim and thinly slice the **spring onion**.

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, cover with a lid or foil to keep warm.



## Spice up and Serve

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

Place your **broccoli** beside your **chicken** and **wedges**.

Sprinkle the **chilli flakes** (add less if you'd prefer things milder) and **spring onion** all over.

Enjoy!