







More Than Food
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HelloFresh Five Spiced Chicken with Bok Choy

What are these mysterious five spices that so often sneak their way into Chinese cooking? The exact formula can vary from place to place but usually it's a concoction of star anise, cloves, Chinese cinnamon, fennel seeds and a bit of Sichuan pepper. This dish was actually inspired by a trip to Australia where they tend to use all sorts of Asian flavours in their cooking. We teamed it up with super fresh bok choy, ginger and garlic for a quick burst of flavour!



30 mins



spicy



lactose free



healthy



Brown Rice (1 cup)



Chicken Breast (2)



Bok Choy (1)



Spring Onion
(2)



Red Chilli
(1 tsp)



Garlic Clove
(2)



Ginger
(1 tbsp)



Chinese Rice Wine
Vinegar (1 tbsp)



Soy Sauce
(3 tbsp)



Chinese 5 Spice
(1½ tsp)

Ingredients

2 PEOPLE ALLERGENS

Brown Rice	1 cup	
Chicken Breast	2	
Bok Choy, chopped	1	
Spring Onion, chopped	2	
Red Chilli, chopped	1 tsp	
Garlic Clove, chopped	2	
Ginger, chopped	1 tbsp	
Chinese Rice Wine Vinegar	1 tbsp	
Soy Sauce	3 tbsp	Gluten, Soya
Chinese 5 Spice	1½ tsp	

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Bok choy is a member of the cabbage family!

Nutrition per serving: Calories: 588 kcal | Protein: 32 g | Carbs: 50 g | Fat: 22 g | Saturated Fat: 6 g



1 Boil a large pot of water with ¼ tsp of **salt** for the **rice**. Wash the **rice** in a sieve under running water for a minute then add the **rice** to the pot of boiling water. Rapidly boil the **rice** on high heat for 25 mins then drain and put back in the pot. Cover with a tea towel and leave off the heat until the **chicken** is cooked.

2 While the **rice** cooks chop the **chicken** into bite-sized pieces. Chop the bottom root from the **bok choy**, then chop widthways into four. Very finely chop the **spring onions** into discs, separating the white and green parts. Slice the **chilli** in half and very thinly chop widthways.



3 Peel the **garlic**, crush it under your knife then chop finely. Using the edge of a spoon peel the skin from the **ginger**. Now either grate the **ginger** or chop it super finely.

4 Mix your **garlic**, **ginger**, 1 tsp of **sugar** (if you have some), **Chinese rice wine vinegar** and half the **soy sauce** in a bowl. Stir in the **Chinese 5 spice**. Add as much of the **red chilli** as you dare (you can omit it completely for the little 'uns). Tip this mixture over the **chicken** and marinate for as long as your hunger allows.



5 Heat 1 tbsp of **oil** in a frying pan on medium-high heat. Once the **oil** is really hot add in the **chicken** with the marinade. Cook for around 8 mins until it is caramelised outside and cooked in the middle.

Tip: *The chicken is cooked when it is no longer pink in the middle.*

6 Every 3 mins add 1 tbsp of **water** to the pan to 'de-glaze' the pan. (That's chef talk for stripping off the little burnt bits that'll give your sauce lots of extra taste!).



7 When your **chicken** is cooked add in the whites of the **spring onions**. 30 seconds later add in the **bok choy** and the remaining **soy sauce**. Stir-fry for 2 mins until the **bok choy** has wilted.

8 Serve with your **brown rice** and sprinkle over the greens of the **spring onions**.