



Hoisin Chicken and Plum Stir-Fry with Pak Choi and Zesty Rice

24

Calorie Smart Eat Me Early • 25-30 Minutes • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Chicken Stock Paste



Diced Chicken Thigh



Plum



Pak Choi



Garlic Clove



Lime



Hoisin Sauce



Ketjap Manis



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	210g	350g	520g
Plum**	2	3	4
Pak Choi**	1	2	2
Garlic Clove**	1	1	2
Lime**	½	1	1
Hoisin Sauce 11)	64g	96g	128g
Ketjap Manis 11)	25g	50g	50g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	384g	100g	409g	100g
Energy (kJ/kcal)	2519 /602	656 /157	2433 /581	595 /142
Fat (g)	12.2	3.2	4.5	1.1
Sat. Fat (g)	3.3	0.9	1.0	0.3
Carbohydrate (g)	93.7	24.4	93.5	22.9
Sugars (g)	28.1	7.3	28.1	6.9
Protein (g)	34.2	8.9	41.8	10.2
Salt (g)	3.54	0.92	3.53	0.86

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

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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1 Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **chicken stock paste**, then 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).



2 Fry the Chicken

While the **rice** cooks, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

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. It's cooked when no longer pink in the middle.*



3 Prep Time

Meanwhile, halve the **plums**, remove the stones and chop the flesh into 1cm pieces.

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**. Cut one **lime half** into wedges.



4 Add the Plums and Veg

Once the **chicken** is cooked, add the **plums** and the **sugar** (see pantry for amount) to the pan. Cook for 1 min more.

Add the **pak choi** and **garlic**, then cook, stirring regularly, until the **pak choi** has softened, 1-2 mins.



5 Sauce Things Up

Pour the **hoisin sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount) into the pan and squeeze in **half the lime juice**.

Stir well to combine. Season to taste with **salt**, **pepper** and more **sugar** if needed.



6 Serve

When ready, fluff the **rice** up with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls and top with the **chicken stir-fry**.

Serve with the **lime wedges** for squeezing over.

Enjoy!



Weight Watchers