



Hoisin Chicken & Plum Stir-Fry

with Zesty Rice



FAMILY Hands on Time: 20 Minutes • Total Time: 20 Minutes • 1 of your 5 a day



Chicken Stock Powder



Basmati Rice



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Red Chilli



Lime



Hoisin Sauce



Ketjap Manis



Soy Sauce



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Large Frying Pan and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Plum**	2	3	4
Bok Choy**	1 pack	1½ packs	2 packs
Spring Onion**	1	2	2
Garlic Clove**	1 clove	1 clove	2 cloves
Red Chilli**	½	¾	1
Lime**	1	1½	2
Hoisin Sauce 3)	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	598g	100g
Energy (kJ/kcal)	2766 /661	463 /111
Fat (g)	15	3
Sat. Fat (g)	4	1
Carbohydrate (g)	94	16
Sugars (g)	28	5
Protein (g)	40	7
Salt (g)	4.38	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



4. Stir-fry Time

Add the **bok choy**, **garlic** and **chilli** to the pan. Cook, stirring regularly until the **bok choy** has softened, 1-2 mins.



2. Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat. When hot, add the **diced chicken thigh** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* As the chicken sizzles away, halve the **plums**, remove the stones and chop each half into 1 cm chunks. Add the **plums pieces** to the pan with the **chicken** and continue cooking for a minute.



5. Finish Up

Stir in the **hoisin sauce**, **ketjap manis**, **soy sauce** and **honey**. Add 1 tbsp **water** per person and squeeze in **half** the **lime juice**, ensuring everything is well coated. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



3. Prep

While everything is cooking, trim the **bok choy** then thinly slice widthways. Trim the **spring onion** and thinly slice. Peel and grate the **garlic** (or use a garlic press). Halve the red **chilli**, deseed and finely chop. Zest and halve the **lime**. Chop **half** the **lime** into wedges.



6. Serve

Fluff the **rice** up with a fork and stir through the **lime zest**. Share the **rice** between your bowls and top with the **stir-fry**. Finish with a sprinkle of **spring onion** and add a **lime wedge** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.