



Peri Peri Chicken and Bell Pepper Rice Bowl

with Sun-Dried Tomato and Pea Rice

12

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day



-  Basmati Rice
-  Garlic Clove
-  Bell Pepper
-  Diced Chicken Breast
-  Tomato Puree
-  Peri Peri Seasoning
-  Chicken Stock Paste
-  Peas
-  Sun-Dried Tomato Paste

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------|----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Garlic Clove** | 1 | 2 | 2 |
| Bell Pepper*** | 1 | 1½ | 2 |
| Diced Chicken Breast** | 260g | 390g | 520g |
| Tomato Puree | 30g | 45g | 60g |
| Peri Peri Seasoning | 1 sachet | 1½ sachets | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Peas** | 120g | 180g | 240g |
| Sun-Dried Tomato Paste | 25g | 38g | 50g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2585/618 | 681/163 |
| Fat (g) | 14.0 | 3.7 |
| Sat. Fat (g) | 6.4 | 1.7 |
| Carbohydrate (g) | 78.0 | 20.5 |
| Sugars (g) | 11.4 | 3.0 |
| Protein (g) | 43.9 | 11.6 |
| Salt (g) | 2.20 | 0.58 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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 Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Peri Peri Flavour

- Add the **garlic**, **tomato puree** and **peri peri seasoning** to the **chicken** and cook until fragrant, 1 min.
- Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine and simmer until thickened, 1-2 mins.



Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Combine and Stir

- Stir the the **peas** and **sun-dried tomato paste** through the **chicken** and **sauce**.
- Once the **rice** is cooked, stir it into the **chicken** and **sauce** until well combined.
- Just before you're ready to serve, add the **butter** (see pantry for amount) to the pan and stir until melted.



Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and **bell pepper** to the pan. 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.



Finish and Serve

- When ready, share the **peri peri chicken and rice** between your bowls.

Enjoy!