



Spiced Chicken and Pepper Stew with Garlic Rice and Soured Cream

Family 30-35 Minutes • Mild Spice • 2 of your 5 a day

1



Garlic Clove



Bell Pepper



Basmati Rice



Diced Chicken Breast



Central American Style Spice Mix



Tomato Passata



Chicken Stock Paste



Soured Cream

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

Before you start

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

Cooking tools

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Bell Pepper***	1	2	2
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	150g	150g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	2765 /661	627 /150
Fat (g)	19.7	4.5
Sat. Fat (g)	10.5	2.4
Carbohydrate (g)	80.8	18.3
Sugars (g)	12.2	2.8
Protein (g)	42.9	9.7
Salt (g)	2.22	0.50

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

Allergens

7) Milk

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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Bring on the Garlic

Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Pop a medium saucepan (with a tight-fitting lid) on medium-high heat. Melt in the **butter** (see pantry for amount).

Once hot, add **half** the **garlic** and stir-fry for 1 min.



Simmer your Stew

Stir the **Central American style spice mix** and remaining **garlic** into the **chicken**. Fry for 30 secs.

Pour in the **passata, chicken stock paste, sugar** and **water for the sauce** (see pantry for both amounts), stirring to combine.

Bring to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Cook the Rice

Stir the **rice**, **¼ tsp salt** and the **water for the rice** (see pantry for amount) into the pan and 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).



Finish Up

Once the **chicken** is cooked and the **sauce** has thickened, season with **salt** and **pepper**, then remove from the heat.

Fluff up the **rice** with a fork.



Time to Fry

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

Once hot, add the **chicken** and **sliced pepper** to the pan. Season with **salt** and **pepper**.

Fry until the **chicken** is browned all over and the **pepper** is tender, 5-6 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Serve

Share the **garlic rice** between your bowls and spoon the **chicken stew** on top.

Top with a spoonful of **soured cream** to finish.

Enjoy!