

# Spiced Chicken and Pepper Stew

with Garlic Rice and Soured Cream

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









**Garlic Clove** 





Basmati Rice



Diced Chicken



Central American



Tomato Passata

Style Spice Mix



Chicken Stock



Soured Cream

# 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

9				
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 **Ctore in the Fridge *** Paged on seggen				

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to quarantee 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.

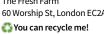
### Contact

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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.



## Cook the Rice

Stir the rice, 1/4 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).



# 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.



# 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.



# 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.



## 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!