



Sweet and Sticky Chicken on Rice

with Bell Pepper, Onion and Sesame Seeds

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories

24



Basmati Rice



Red Onion



Bell Pepper



Garlic Clove



Cornflour



Diced Chicken Breast



Ketjap Manis



Rice Vinegar



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar, Water

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, garlic press, bowl and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------------|-----------|-----------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Red Onion** | 1 | 1 | 2 |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Cornflour | 10g | 15g | 20g |
| Diced Chicken Breast** | 260g | 390g | 520g |
| Ketjap Manis 11 | 2 sachets | 3 sachets | 4 sachets |
| Rice Vinegar | 30ml | 45ml | 60ml |
| Roasted White Sesame Seeds 3 | 1 sachet | 1 sachet | 2 sachets |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Tomato Ketchup* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 75ml | 100ml | 150ml |

*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 for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 424g 2533/606 | 100g 596/143 |
| Fat (g) | 4.7 | 1.1 |
| Sat. Fat (g) | 1.1 | 0.3 |
| Carbohydrate (g) | 99.0 | 23.2 |
| Sugars (g) | 28.7 | 6.8 |
| Protein (g) | 40.5 | 9.5 |
| Salt (g) | 2.45 | 0.58 |

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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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 **¼ tsp salt** 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).



Add the Chicken

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **chicken** and fry until golden brown, 6-8 mins total. Turn every 2-3 mins.

Meanwhile, in another medium bowl, mix together the **ketjap manis, rice vinegar, ketchup, sugar** and **water for the sauce** (see pantry for all three amounts).

Once the **chicken** has browned, add the **veg** back into the pan and stir-fry for 1 more min.

Scan to get your exact PersonalPoints™ value



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into thirds.

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

Pop the **cornflour** into a large bowl and season with **salt** and **pepper**. Add the **diced chicken** and toss to coat completely in the **cornflour**.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Sauce Things Up

Pour the **sauce mixture** into the pan. Simmer, stirring occasionally, until the **sauce** has reduced slightly and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Remove from the heat and season to taste with **salt** and **pepper** if needed. **TIP:** The sauce should be sticky, but add a splash more water if you'd like.



Stir-Fry the Veg

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **pepper** and season with **salt** and **pepper**. Stir-fry until just soft, 3-4 mins.

Add the **onion** to the pan with more **oil** if needed. Stir-fry until the **onion** has softened, 4-5 mins.

Stir in the **garlic** and cook for 1 min more, then transfer the **cooked veg** to another bowl and set aside.



Finish and Serve

Fluff up the **rice** with a fork and spoon into your bowls.

Serve with the **sticky chicken and veg** on top. Sprinkle over the **sesame seeds** to finish.

Enjoy!