



SZECHUAN CHICKEN QUINOA BOWLS

with Bell Pepper & Red Cabbage

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Green Bell
Pepper



1 Clove | 2 Cloves
Garlic



½ Cup | 1 Cup
White Quinoa



10 oz | 20 oz
Chicken Cutlets



4 oz | 8 oz
Shredded Red
Cabbage



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Soy, Wheat



2 TBSP | 2 TBSP
Szechuan Paste
Contains: Soy,
Wheat



1 TBSP | 1 TBSP
Cornstarch

HELLO

SZECHUAN PASTE

An umami-packed flavor experience with a zingy chili pepper base and fragrant, Asian-style aromatics



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 610



MAKE IT GRAIN

Fluffing quinoa before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- **Wash and dry produce.**
- Peel and mince **garlic**. Halve, core, and thinly slice **bell pepper** into strips.



2 COOK QUINOA

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **1 cup water** and **¼ tsp salt** (**2 cups water and ½ tsp salt for 4 servings**). Bring to a boil, then add **quinoa**; cover and reduce to a low simmer. Cook until quinoa is tender and water has evaporated, 15-20 minutes. **TIP: Drain any excess water if necessary.**
- Keep covered off heat until ready to serve.



3 PREP & COOK CHICKEN

- While quinoa cooks, pat **chicken*** dry with paper towels and cut crosswise into ½-inch-thick strips.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate. Wipe out pan.



4 COOK VEGGIES

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **bell pepper** and **cabbage**; cook, stirring occasionally, until lightly browned, 2-3 minutes.



5 FINISH STIR-FRY

- Add **sweet soy glaze**, **half the Szechuan paste**, **half the cornstarch**, **½ cup water**, and **1 tsp sugar** to pan with **veggies**. (**For 4 servings, use all the Szechuan paste, all the cornstarch, ½ cup water, and 2 tsp sugar.**) Stir to combine.
- Add **chicken** and simmer, stirring occasionally, until sauce is slightly thickened, 1-2 minutes.



6 FINISH & SERVE

- Fluff **quinoa** with a fork; stir in **1 TBSP butter** (**2 TBSP for 4 servings**).
- Divide quinoa between bowls and top with **chicken and veggie stir-fry**. Spoon any **remaining sauce** from pan on top and serve.

* Chicken is fully cooked when internal temperature reaches 165°.