



FIVE SPICE CHICKEN

with Bok Choy and Zesty Rice



HELLO CHINESE FIVE SPICE

This classic Chinese blend contains star anise, Sichuan pepper, fennel seeds, cinnamon and cloves.



Diced Chicken Breast



Soy Sauce



Garlic Clove



Ginger



Lime



Chinese Five Spice



Basmati Rice



Bok Choy

20 mins

1 of your 5 a day

Seasoned with our special five spice blend and packed with flavour, this 20-minute chicken recipe is just the thing for busy evenings. The ingredients in our five spice blend combine to form a distinctively peppery, aniseed taste that works beautifully in this dish. We've stir-fried the chicken alongside bok choy, ginger and garlic and served it up with fluffy rice, setting off the flavours with a good squeeze of fresh lime.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Large Frying Pan** and **Fine Grater**. Now, let's get cooking



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and a pinch of **salt**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



2 GET THE CHICKEN ON

Heat a drizzle of **oil** in a large frying pan over medium heat. When hot, add the **diced chicken** and stir-fry until golden all over and cooked through, 10-12 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



3 PREP THE BOK CHOY

While the chicken is cooking, prep the **veggies**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Zest the **lime** then cut into wedges. Trim the **bok choy** then thinly slice widthways.



4 ADD THE VEGGIES

Add the **Chinese five spice**, **garlic** and **ginger** and a splash of **water** to the **chicken** and cook, stirring for 1 min. Add the **bok choy** to the pan, stir and cook for 4 more mins before adding the **soy sauce** and **half the lime juice**. Let the **mixture** bubble for a final minute, season to taste and remove from the heat.



5 FINISH UP

Fluff up the **rice** with a fork then fold through the **lime zest**. Season with **salt** and **pepper** to taste.



6 SERVE

Divide the **zesty rice** between your plates. Top with the **chicken** and **bok choy** and serve with the **lime wedges** for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Diced Chicken Breast *	280g	420g	560g
Soy Sauce ¹¹ ¹³)	1 sachet	1½ sachets	2 sachets
Garlic Clove *	1	2	2
Ginger *	1 piece	1½ pieces	2 pieces
Lime *	1	1½	2
Chinese Five Spice	½ pot	¾ pot	1 pot
Basmati Rice	150g	225g	300g
Bok Choy *	1 pack	1½ packs	2 packs
Water*	300ml	450ml	600ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 353G	PER 100G
Energy (kJ/kcal)	1954 / 467	553 / 132
Fat (g)	5	1
Sat. Fat (g)	2	1
Carbohydrate (g)	63	18
Sugars (g)	2	1
Protein (g)	42	12
Salt (g)	2.14	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹¹) Soya ¹³) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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