



Quick & Spicy Chicken

with Basmati Rice and Green Pepper

Rapid 20 Minutes • Very Hot • 2 of your 5 a day

16



Basmati Rice



Red Onion



Green Pepper



Coriander



Diced Chicken Breast



Cornflour



Thai Style Spice Blend



Hoisin Sauce



Soy Sauce



Lime



King Prawns

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, bowl and fine grater.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g ^{75ml}	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Cornflour	20g	20g	40g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11)	64g	96g	128g
Soy Sauce 11) 13)	25ml	38ml	50ml
Water for the Sauce*	50ml	75ml	100ml
Lime**	1	1	1
King Prawns** 5)	150g	225g	340g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2447 /585	537 /128
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	94	21
Sugars (g)	17	4
Protein (g)	45	10
Salt (g)	4.07	0.89
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2667 /637	502 /120
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	93	18
Sugars (g)	17	3
Protein (g)	57	11
Salt (g)	4.97	0.94

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 11) Soya 13) Cereals containing gluten

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.

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Veg

- When the **chicken** is cooked, add the **red onions** and **peppers**. Stir-fry until softened, 2-3 mins.
- Lower the heat, then stir in the **hoisin sauce, soy sauce** and **water for the sauce** (see ingredients for amount) and coat the **chicken** well.
- Bring to a bubble, then remove from the heat.
IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, add them to the pan when you add the **onions** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).



Finish Up

- Zest and halve the **lime**.
- Mix the **coriander** and a squeeze of **lime juice** through the **stir-fry**.
- When the **rice** is cooked, fluff it up with a fork. Mix in the **lime zest**. Taste and season with **salt** and **pepper** if needed.



Fry the Chicken

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Pop the **diced chicken breast** into a bowl with the **cornflour**, season with **salt** and **pepper**, then toss to coat.
- Once the **oil** is hot, stir-fry the **chicken** until golden and cooked through, 8-10 mins.
IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*
- Sprinkle on the **Thai style spice blend**. **TIP:** *Add less if you don't like too much heat.*



Serve

- Chop the remaining **lime** into **wedges**.
- Share the **rice** between your bowls and spoon your **spicy chicken** on top.
- Serve with a **lime wedge** for squeezing over.

Enjoy!