



Soy and Honey Chicken with Green Beans and Rice

Rapid 20 Minutes

N° 15



Basmati Rice



Diced Chicken Breast



Cornflour



Echalion Shallot



Green Beans



Garlic



Tomato Purée



Chicken Stock Powder



Honey



Soy Sauce



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

All of our fruits and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Large Bowl, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press) & Measuring Jug.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Breast	280g	420g	560g
Cornflour	10g	15g	20g
Echalion Shallot	1	1	2
Green Beans	150g	200g	300g
Garlic	1	2	2
Tomato Purée	1 sachet	2 sachets	2 sachets
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water*	150ml	225ml	300ml
Honey	2 sachets	3 sachets	4 sachets
Soy Sauce 11 13	1 sachet	1 ½ sachet	2 sachets
King Prawns 5 **	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	374g	100g
Energy (kJ/kcal)	2336 / 558	625 / 149
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	84	22
Sugars (g)	18	5
Protein (g)	45	12
Salt (g)	1.66	0.44

Custom Recipe	Per serving	Per 100g
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for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2530 / 605	564 / 135
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	84	19
Sugars (g)	18	4
Protein (g)	56	13
Salt (g)	2.64	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **11**) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

a) Bring a large saucepan of **water** to the boil with 0.25 tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Once cooked, drain in a sieve.



Simmer

a) Stir in the **garlic** and **tomato purée**, cook for 1 minute.

b) Pour in the **water** (see ingredient list for amount) and add the **chicken stock powder**, **honey** and **soy sauce**.

c) Stir in the **green beans**, bring to a simmer.

d) Cover with a lid or some foil, simmer until the **beans** are cooked and the sauce has thickened, 5-6 mins.



CUSTOM RECIPE

a) If you've decided to add **prawns** to your meal, stir the **prawns** in with the **green beans**, bring to simmer. **IMPORTANT:** *Wash your hands after handling raw prawns.*

b) Cover with a lid or some foil, simmer until the beans are cooked and the sauce has thickened, 5-6 mins. Continue with the recipe.



Fry the Chicken

a) Meanwhile, heat a glug of **oil** in a frying pan on medium high heat.

b) While the pan gets hot, put the **cornflour** in a large bowl and season with **salt** and **pepper**.

c) Add the **chicken pieces** to the bowl and toss completely in the **cornflour**. **IMPORTANT:** *Wash your hands after handling raw chicken.*

d) Once the **oil** is hot, add the **chicken** to the pan and stir-fry until golden brown, 4-5 mins.



Finish Off

a) Once the **chicken** and **beans** are cooked, taste and add **salt** and **pepper** if you feel it needs it.

IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

b) Add a splash more water if you feel it needs it.



CUSTOM RECIPE

a) If you've decided to add **prawns** to your meal, follow the above step as instructed.

IMPORTANT: *The prawns are cooked when pink on the outside and opaque in the middle.*



Prep Time

a) While the chicken cooks, halve, peel and thinly slice the **shallot**.

b) Trim the **green beans** and chop into thirds.

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

d) Once the **chicken** is browned, add a drizzle of **oil** if you need to, add the **shallot**, cook with the **chicken** until softened, 2-3 mins.



Serve

a) Fluff up the **rice** with a fork.

b) Spoon into bowls and top with the **soy honey chicken**.

Enjoy!



CUSTOM RECIPE

a) If you've decided to add **prawns** to your meal, spoon into bowls and top with the **soy honey, chicken** and **prawns**.