



More Than Food
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Spooky Chicken Stir-Fry

We've whipped up some scarily good food at the HelloFresh Farm to treat you this Halloween! Don't let our ghoulish white and black peppers give you a fright! They get their hue from phytonutrients like anthocyanin and beta-carotene which have great health benefits. We hope this scrumptious stir-fry gets you into the spooky spirit!

30 mins

family box

lactose free

1.6 of your 5 a day

healthy

spicy



Water (700ml)



Chicken Stock Pot (1)



Star Anise (1)



Basmati Rice (350g)



Chicken Breast (4)



Red Onion (1)



Black Pepper (1)



White Pepper (1)



Braeburn Apple (1)



Garlic Clove (1)



Spring Onion (3)



Stokes Ketchup (6tbsp)



Soy Sauce (3 tbsp)


4 PEOPLE INGREDIENTS

- Water **700ml**
- Chicken Stock Pot **1**
- Star Anise **1**
- Basmati Rice **350g**
- Chicken Breast **4**
- Red Onion, sliced **1**
- Black Pepper, sliced **1**
- White Pepper, sliced **1**
- Braeburn Apple, chopped **1**
- Garlic Clove, grated **1**
- Spring Onion, sliced **3**
- Stokes Ketchup **6 tbsp**
- Soy Sauce **3 tbsp**

Allergens: Celery, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	464 kcal / 1965 kJ	4 g	1 g	70 g	12 g	40 g	3 g
Per 100g	117 kcal / 492 kJ	3 g	1 g	15 g	4 g	8 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Bobbing for apples has been a Halloween tradition for hundreds of years. Its origins are rooted in romance rather than tricks and treats. It began as a British courting ritual where the female bobber would attempt to bite into the apple named for the young man she desired.

Soy Sauce: Water, Soybeans, Wheat, Salt.

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

2



1 Pour the **water** (amount specified in the ingredients list) into a pot and add the **chicken stock pot** and **star anise**. Bring to the boil on high heat. Stir well to dissolve the **chicken stock pot** and then add the **basmati rice**. Reduce the heat to medium, pop a lid on and cook the rice for 10 mins. After 10 mins, remove the pot from the heat. Leave to one side for another 10 mins, the rice will finish cooking in its own steam. **Tip:** *The rice will stay hot in the pot while you cook everything else.*

4



2 While your rice cooks, get on with the rest of your prep. Start by prepping and cooking the **chicken**. Slice each **chicken breast** widthways into pieces roughly ½cm thick.

3 Pop a large frying pan or wok on high heat and add a splash of **oil**. Cook your **chicken** for 7-9 mins, stirring every now and again to make sure it browns and cooks evenly. **Tip:** *Do this in batches if necessary to avoid overcrowding the pan. The chicken is cooked when the centre is no longer pink.*

4



4 As the **chicken** cooks, prep your veggies. Cut the **red onion** in half through the root. Peel and then slice into thin half moon shapes. Remove the core from the **peppers** and slice into ½cm thick strips. Quarter the **apple**, remove the pips and then chop each piece into 1cm chunks. Keep to one side.

5 Peel and grate the **garlic** (or use a garlic press if you have one). Remove the roots from the **spring onion** and then slice as thinly as you can. Mix the **ketchup** with the **soy sauce** and keep to one side; this is your magic potion!

7



6 When your **chicken** is cooked, remove to a plate and wipe out the pan with kitchen paper. Add a splash of oil and your **apple** to the pan. Stir fry your **apple** for 5-7 mins or until nicely brown and caramelised. **Tip:** *The apple pieces should be soft. Remove from the pan.*

7 Next, add your **red onion** and **peppers** to the same pan and cook for 5 mins. Return your **chicken** and add the **garlic** to the pan and cook for another 3 mins until your **chicken** is piping hot.

8 Add your **magic potion** and stir well to make sure everything is well coated.

9 Remove the **star anise** from the **rice** and fluff it up with a fork. Mix through your **spring onion**. Serve a generous amount of **rice** on each plate, top with your spooky **stir-fry** and then finish with your **caramelised apple**. Enjoy!!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!