



Sweet and Sour-Style Chicken with Bell Pepper and Bulgur Wheat

Calorie Smart 25-30 Minutes • Under 600 Calories • 1 of your 5 a day



Red Onion



Bell Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Vegetable Stock Powder



Bulgur Wheat



Ketjap Manis



Rice Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Cornflour	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13	120g	180g	240g
Ketjap Manis 11 13	2 sachets	3 sachets	4 sachets
Rice Vinegar	2 sachets	3 sachets	4 sachets
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	414g	100g
Energy (kJ/kcal)	2265 /541	547 /131
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	80	19
Sugars (g)	25	6
Protein (g)	45	11
Salt (g)	1.95	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **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.

Contact

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HelloFresh UK

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 You can recycle me!



Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper**, and discard the core and seeds. Thinly slice, then chop the slices into 3 pieces. Trim and thinly slice **spring onion**. Peel and grate the **garlic** (or use a garlic press). Put the **cornflour** in a large bowl and season with **salt** and **pepper**. Add the **chicken pieces** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands after handling raw chicken.



Cook the Chicken

Pop your now empty frying pan back on medium-high heat and add a drizzle of **oil**. When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins. Meanwhile, put the **ketjap manis** and **rice vinegar** in a bowl with **water** (see ingredients for amount) and stir together. Once the **chicken** is golden, add the **vegetables** back into the pan and stir together for another minute.



Bulgur Time

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan, stir in the **stock powder** and bring to the boil. Once boiling, add the **bulgur wheat**, stir well, bring back up to the boil and simmer for a minute, then pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Simmer

Pour the **sauce** into the pan with the **chicken** and vegetables and simmer, stirring occasionally until the **mixture** has reduced slightly and is looking a little sticky, and the **chicken** is cooked, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Remove the pan from the heat and add **salt** and **pepper** to taste.



Cook the Veg

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pepper**, season with **salt** and **pepper** and fry until beginning to soften, stirring occasionally, 3-4 minutes. Add the **red onion** to the **pepper** along with a drizzle of **oil**. Cook until the **onion** has softened, 4-5 mins, stirring occasionally. Add the **garlic**, cook for 1 minute more, then remove the **veg** to a bowl, leave to the side. Keep your pan, we'll use it again.



Finish and Serve

Fluff up the **bulgur wheat** and season to taste with **salt** and **pepper**. Spoon into bowls. Serve with the **sweet and sour chicken** on top and sprinkle over the sliced **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.