



Sweet and Sour Style Chicken

with Red Pepper and Bulgur Wheat

N° 17

BALANCED 20 Minutes • Under 600 Calories • 1 of your 5 a day



Red Onion



Red Pepper



Spring Onion



Garlic Clove



Cornflour



Diced Chicken Breast



Chicken Stock Powder



Bulgur Wheat



Ketjap Manis



Rice Vinegar

Before you start

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

Basic cooking tools you will need:

Measuring Jug, Saucepan (with Lid), Fine Grater (or Garlic Press), Mixing Bowl, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Red Pepper**	1	1½	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Cornflour	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	1½ 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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	402g	100g
Energy (kJ/kcal)	2245 /537	559 /134
Fat (g)	5	1
Sat. Fat (g)	2	1
Carbohydrate (g)	77	19
Sugars (g)	24	6
Protein (g)	43	11
Salt (g)	1.79	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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Packed in the UK



1. Bulgur Wheat Time

a) Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan, stir in the **chicken stock powder** and bring to the boil.

b) Once boiling, add the **bulgur wheat**, stir in well, bring back up to the boil and simmer for a minute, then pop a lid on the pan and remove from the heat.

c) Leave to the side for 12-15 mins or until ready to serve.



4. Cook the Veg

a) Add the **red pepper** and season with a pinch of **salt** and **pepper**. Fry until the **pepper** is beginning to soften, 3 mins, stirring occasionally.

b) Add the **red onion** to the **pepper** along with a drizzle of **oil**. Cook until the **onion** has softened, 3 mins, stirring occasionally.

c) Add the **garlic**, cook for 1 minute more.



2. Get Prepped

a) Halve, peel and thinly slice the **red onion**.

b) Halve the **pepper**, remove the core and thinly slice. Chop the slices into 3 pieces.

c) Trim the **spring onion** and thinly slice. Peel and grate the **garlic** (or use a garlic press).

d) Put the **cornflour** in a large bowl and add a pinch of **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.



5. Simmer

a) Pour the **sauce** you made into the pan with the **chicken** and **veg**.

b) Stir together and simmer, stirring occasionally until the **mixture** has reduced slightly and is looking a little sticky, and the chicken is cooked, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

c) Remove the pan from the heat.



3. Cook the Chicken

a) Heat a drizzle of oil in a large frying pan back on medium-high heat, add a drizzle of oil.

b) When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins.

c) Meanwhile, put the **ketjap manis** and **rice vinegar** in a bowl with the **water** (see ingredient list for amount) and stir together.

d) Once the **chicken** is golden, add the **veg** back into the pan and stir together for another minute.



6. Finish and Serve

a) Fluff up the **bulgur wheat** and spoon into bowls.

b) Serve with the **sweet and sour chicken** on top and sprinkle over the **sliced spring onion**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • High Protein

Featured Ingredient: Chicken, is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.