



Sweet Spiced Hoisin Chicken

with charred baby corn, carrot and jasmine rice

Family Quick Cook 20 – 25 mins

25



Diced Chicken Breast



Sweet Chilli Sauce



Garlic, Ginger & Lemongrass Paste



Hoisin Sauce



Ketchup



Jasmine Rice



Baby Corn



Carrot



Scallion



Thai Style Spice Mix

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Sweet Chilli Sauce	2 sachets	4 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Hoisin Sauce	2 sachets	4 sachets
Ketchup	2 sachets	4 sachets
Jasmine Rice	150 g	300 g
Baby Corn	150 g	300 g
Carrot	1 unit	2 units
Scallion	2 units	4 units
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	434.5 g	100 g
Energy (kJ/kcal)	2362 kJ/ 565 kcal	544 kJ/ 130 kcal
Fat (g)	5.7 g	1.3 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	91.1 g	21 g
Sugars (g)	23.8 g	5.5 g
Protein (g)	38.2 g	8.2 g
Salt (g)	2.1 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Chicken

- Wipe and return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and season with **salt and pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Chop the Veg

- Halve the **corn** widthways.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.
- Meanwhile, trim and thinly slice the **scallion**.



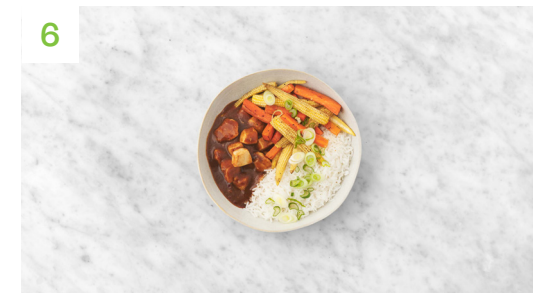
Make the Sauce

- When the **chicken** has 1 min left to cook, add the **Thai spice** and **lemongrass paste** to the pan.
- Then stir through the **sweet chilli sauce, hoisin sauce, ketchup** and 25ml **water** (double for 4p). Cook for 30 secs.
- Add another splash of **water** to loosen the sauce if you feel it's too thick. Season to taste with **salt and pepper**.



Char the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **corn** until tender, 4-5 mins.
- Reduce the heat to medium-high, add a splash of **water**, cover and cook for 3-4 mins. Season to taste with **salt** and **pepper**.
- Remove from the pan, cover and set aside.



Finish and Serve

- Divide the **rice** between plates.
- Serve the **sweet chilli chicken** and pan-fried veg alongside.
- Sprinkle over the sliced **scallion**.

Enjoy!