



# Glazed Chicken and Bell Peppers

with green peas and rice

Calorie Smart Quick Cook 20 – 25 mins • Spicy

12



Diced Chicken Breast



Onion



Bell Pepper



Garlic



Ketjap Manis



Chilli



Red Thai Style Paste



Peas



Stock



Sweet Chilli Sauce



Jasmine Rice

Pantry Items: Flour, Water, Salt, Oil, Pepper



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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

Grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Onion	1 unit	2 units
Bell Pepper	1 unit	2 units
Garlic	2 units	4 units
Ketjap Manis	2 sachets	4 sachets
Chilli	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Peas	120 g	240 g
Stock	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	1 sachet
Jasmine Rice	150 g	300 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	486.5 g	100 g
Energy (kJ/kcal)	2527.1 kJ/ 604 kcal	519.5 kJ/ 124.2 kcal
Fat (g)	5.3 g	1.1 g
Sat. Fat (g)	1.4 g	0.3 g
Carbohydrate (g)	98.3 g	20.2 g
Sugars (g)	24.8 g	5.1 g
Protein (g)	42.6 g	8.8 g
Salt (g)	3.7 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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### Make the Rice

- Add 300ml cold **water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and **stock** and bring to the boil.
- Once boiling, lower the heat to medium, cover and cook for 12 mins.
- 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 Veg

- Add the **onion** and **bell pepper**.
- Fry until starting to soften, stirring occasionally, 4-5 mins.
- Season with a pinch of **salt** and **pepper**.
- Add the **garlic** and cook until fragrant, 1 min more.



### Get Prepped

- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** lengthways. Deseed and thinly slice.
- Halve the **bell pepper** and discard the core and seeds. Slice into strips.
- Peel and grate the **garlic** (or use a garlic press).



### Simmer the Sauce

- Add the **red Thai paste**, **ketjap manis**, 25ml **water** (double for 4p) and **chilli** (use less if you don't like spice).
- Cover and simmer until the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove from the heat and stir in the **peas**.
- Season to taste with **salt** and **pepper**.

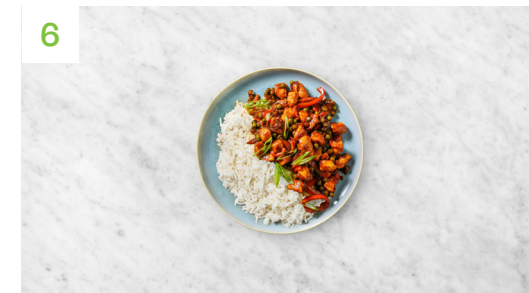
**TIP:** Add a splash of water if you feel the sauce needs loosening.



### Cook the Chicken

- Add 1 tbs **flour** (double for 4p) to a large bowl. Season with **salt** and **pepper**.
- Add the **chicken** and toss to coat. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **chicken** until golden all over, shifting as it cooks, 7-8 mins.

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



### Finish and Serve

- Fluff up the **rice** with a fork. Taste and season with **salt** and **pepper**, if required.
- Divide the **rice** between bowls or plates.
- Top with the glazed **chicken** and veg.
- Finish with a drizzle of **sweet chilli sauce**.

**Enjoy!**