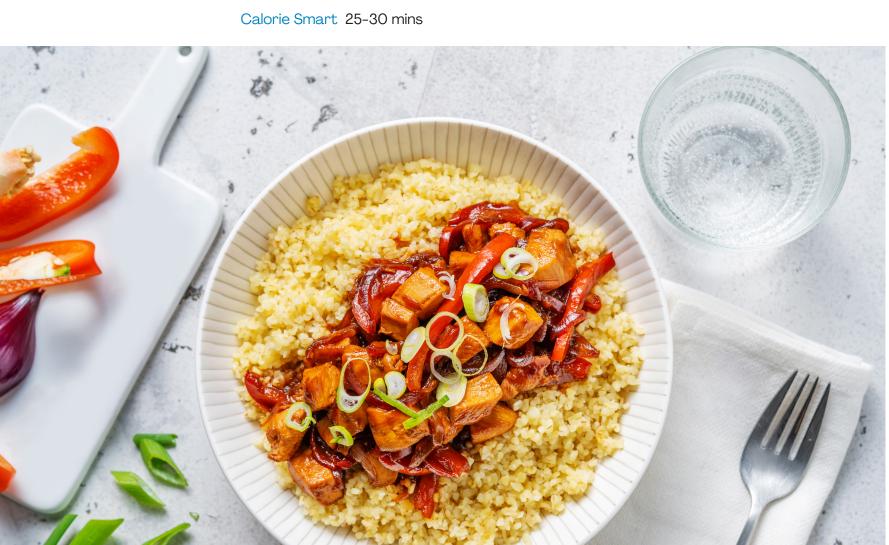


Glazed Chicken and Bell Peppers

with couscous and sprinkled scallions









Diced Chicken Breast







Red Wine Vinegar





Ketchup

Ketjap Manis





Couscous

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

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Onion	1 unit	2 units
Bell Pepper	1 unit	2 units
Scallion	2 units	4 units
Garlic	2 units	4 units
Red Wine Vinegar	2 sachets	4 sachets
Ketchup	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Couscous	100 g	250 g
Chilli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	387.5 g	100 g
Energy (kJ/kcal)	1712.7 kJ/ 409.4 kcal	442 kJ/ 105.6 kcal
Fat (g)	4.2 g	1.1 g
Sat. Fat (g)	1.1 g	0.3 g
Carbohydrate (g)	55 g	14.2 g
Sugars (g)	15.3 g	4 g
Protein (g)	37.3 g	9.6 g
Salt (g)	1 g	0.3 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.

Contact

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Get Prepped

- Halve, peel and thinly slice the **onion**.
- Trim and thinly slice the scallion. Thinly slice the chilli.
- Halve the bell pepper, and discard the core and seeds. Slice into strips.
- Peel and grate the **garlic** (or use a garlic press).
- Add 4 tbsp flour (double for 4p) to a large bowl and season with salt and pepper. Add the chicken pieces to the bowl and toss to coat completely. IMPORTANT: Wash your hands after handling raw chicken and its packaging.



Make the Couscous

- · Add the couscous to a medium bowl.
- Pour in 200ml boiling **water** (500ml for 4p) and cover tightly with a plate or cling film.
- Leave to the side for 10 mins or until ready to serve.



Fry the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the bell pepper, season with salt and pepper and fry until starting to soften, 3-4 mins.
 Stir occasionally.
- Add the onion and another drizzle of oil (if necessary) to the pan, then cook until softened, 4-5 mins, stirring occasionally.
- Add the **garlic**, cook for 1 min more, then transfer the veg to a plate or bowl and set aside.



Cook the Chicken

- Pop your (now empty) pan back on medium-high heat and add a drizzle of oil.
- When hot, add the **chicken** and fry, shifting frequently until golden on each side, 6-7 mins.
- Meanwhile, mix together the ketjap manis, vinegar and ketchup in a bowl with 75ml water (double for 4p).
- Once the chicken is golden, stir back in the onion and bell pepper and cook for 1 min.



Simmer the Sauce

- Pour the sauce from the bowl into the pan.
- Add the chicken, veg and chopped chilli (use less if you don't like spice) and simmer, stirring occasionally until the sauce has reduced slightly 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 season with salt, pepper and sugar to taste.



Dish Up

- Fluff up the couscous with a fork and season to taste with salt and pepper.
- Spoon into bowls and serve with the chicken and veg.
- Top with a sprinkling of sliced scallion.

Enjoy!