



# Glazed Chicken and Bell Peppers with couscous and sprinkled scallions

Calorie Smart 25-30 mins

11



Diced Chicken Breast



Onion



Bell Pepper



Scallion



Garlic



Red Wine Vinegar



Ketchup



Ketjap Manis



Couscous



Chilli

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

## 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

## 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

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



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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.



## 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.



## 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.



## 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.



## 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.



## 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!