



Zingy Asian Chicken

with cashews, coriander and jasmine rice

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Jasmine Rice



Ketjap Manis



Bell Pepper



Onion



Coriander



Cashew Nuts



Tomato Paste



Apple Cider Vinegar

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



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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
Jasmine Rice	150 g	300 g
Ketjap Manis	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Coriander	5 g	10 g
Cashew Nuts	20 g	40 g
Tomato Paste	1 tin	2 tins
Apple Cider Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	417.5 g	100 g
Energy (kJ/kcal)	2447.6 kJ/ 585 kcal	586.3 kJ/ 140.1 kcal
Fat (g)	9.2 g	2.2 g
Sat. Fat (g)	2.1 g	0.5 g
Carbohydrate (g)	86.6 g	20.7 g
Sugars (g)	21.8 g	5.2 g
Protein (g)	40.6 g	9.7 g
Salt (g)	1.3 g	0.3 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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1 Make 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).



4 Simmer the Sauce

- Stir in the **apple cider vinegar**, **tomato paste**, 2 tsp **sugar** and 100ml **water** (double both for 4p).
- Cover and simmer until sauce has thickened and the **chicken** is cooked through, 3-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove from the heat and stir through the **ketjap manis**.
- Season to taste with **salt** and **pepper**.



2 Cook the Chicken

- Meanwhile, toss the **chicken** with **salt**, **pepper** and 1 tbsp **flour** (double for 4p). **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** to the pan and season with **salt** and **pepper**.
- Fry until starting to brown, 5-7 mins.

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



5 Finishing Touches

- Fluff up the **rice** with a fork.
- Roughly chop the **cashews**.
- Roughly chop the **coriander** (stalks and all).



3 Get Prepped

- While the **chicken** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve and peel the **onion**, then cut each **half** into 3 wedges.
- Once the **chicken** has browned, add the **onion** and **pepper** to the pan.
- Fry until softened, stirring occasionally, 4-5 mins.



6 Garnish and Serve

- Divide the **rice** between deep bowls.
- Top with the zingy Asian **chicken**.
- Garnish with chopped **coriander** and **cashews**.

Enjoy!