



Spiced Chicken and Pepper Stew

with garlic rice and creme fraiche

Calorie Smart 30-35 mins

20



Diced Chicken Breast



Garlic



Bell Pepper



Rice



Central American Style Spice Mix



Chopped Tomato with Onion & Garlic



Chicken Stock



Creme Fraiche

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



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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, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Bell Pepper	1 unit	2 units
Rice	150 g	300 g
Central American Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets
Creme Fraiche	65 g	110 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	533.5 g	100 g
Energy (kJ/kcal)	2535.5 kJ/ 606 kcal	475.3 kJ/ 113.6 kcal
Fat (g)	13.4 g	2.5 g
Sat. Fat (g)	6.5 g	1.2 g
Carbohydrate (g)	81.3 g	15.2 g
Sugars (g)	16.8 g	3.1 g
Protein (g)	39.9 g	7.5 g
Salt (g)	4.8 g	0.9 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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Make the Garlic Rice

- Peel and grate the **garlic** (or use a garlic press).
- Place a pot over medium-high heat with 1 tbsp **butter** (double for 4p).
- When hot, add **half** the **garlic** and fry for 1 min. Stir in the **rice** and 300ml cold **salted water** (double for 4p). Bring to the boil.
- Once boiling, lower the heat to medium and cover.
- Cook for 10 mins, then remove the pot from the heat. Keep covered for another 10 mins (the **rice** will continue to cook in its own steam).



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Spoon the **chicken** stew over the top.
- Finish with a dollop of **creme fraiche**.

Enjoy!



Fry the Chicken

- Halve and deseed the **pepper**. Slice into thin strips.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **bell pepper**. Season with **salt** and **pepper**.
- Fry, stirring occasionally, until the **chicken** is browned all over, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

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



Simmer the Stew

- Add the **Central American spice** and remaining **garlic** to the pan. Fry for 30 secs.
- Pour in the **chopped tomatoes**, **stock powder** and ½ tsp **sugar** (double for 4p). Stir to combine.
- Bring to the boil, then lower the heat. Simmer until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through a knob of **butter**.
- Add a splash of **water** if the sauce is too dry. Season to taste with **salt** and **pepper**.