



Glazed Chicken and Bell Peppers

with couscous and sprinkled scallions

Calorie Smart 25-30 mins • Optional spice

16



Diced Chicken Breast



Onion



Bell Pepper



Scallion



Garlic



Red Wine Vinegar



Red Thai Paste



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
Red Thai Paste	1 sachet	2 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	402.5 g	100 g
Energy (kJ/kcal)	1778.2 kJ/ 431 kcal	441.8 kJ/ 105.6 kcal
Fat (g)	4.3 g	1.1 g
Sat. Fat (g)	1.1 g	0.3 g
Carbohydrate (g)	59.3 g	14.7 g
Sugars (g)	16.4 g	4.1 g
Protein (g)	37.9 g	9.4 g
Salt (g)	1.1 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
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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).



Cook the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, fry the **chicken**, shifting frequently until golden all over, 6-7 mins.
- Once the **chicken** is golden, stir back in the **onion** and **bell pepper** and cook together for 1 min.



Make the Couscous

- Pop the **couscous** in a medium bowl.
- Add 200ml boiling **water** (500ml for 4p) and cover with a plate or cling film.
- Leave aside for 10 mins.
- Add 2 tbsp **flour** (double for 4p) to a large bowl. Season with **salt** and **pepper**. Add the **chicken** and toss to coat. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.

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



Simmer the Sauce

- Pour **ketjap manis**, **vinegar**, **Thai paste** and 75ml **water** (double for 4p) into the pan.
- Add the 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 through, 4-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove from the heat, taste and season with **salt**, **pepper** and **sugar**.

TIP: Add a splash of water if you feel it needs loosening.



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 and 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!