

Chinese Sticky Chicken and Rice

with Pak Choi

Who doesn't love sticky chicken!

Cals 842 • Prot 71 • Carbs 102 • Fat 20

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🕒 cook: 45 min

R2391

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Skin-on, bone-in chicken thighs	600	900	1200	Grams
Honey	15	15	30	Grams
Hoisin sauce 3* , 9* , 10*	60	90	120	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Ketchup	16	24	32	Grams
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Vegetables				
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Spring onion	40	60	80	Grams
Large red chilli	1	2	2	Piece
Baby pak choi	3	6	6	Piece
Vegetable oil	1	2	2	Tbsp
Tamari 9*	15	22	30	ML
Sesame oil 3* , 9*	15	22	30	ML

Allergens

***3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3524 / 842
Fat (g)	20.4
of which saturates (g)	5
Carbohydrate (g)	102
of which sugars (g)	22
Fiber (g)	4.5
Protein (g)	71
Salt (g)	5.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast chicken

Preheat the oven to 220°C/200°C. In a bowl, combine the **honey**, mustard, **soy sauce** and **ketchup**. Using a sharp knife, slit the skin on the **chicken thighs**. Place them in a roasting dish and pour the **marinade** over them. Roast for 30-35 min or until crispy, sticky and cooked through.



2 Cook rice

Add the **basmati rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until step 5.



3 Prep

Meanwhile, peel and mince the **garlic**. Peel and finely grate the **ginger**. Trim and chop the **spring onion**. Finely slice the **red chilli**. Trim and roughly chop the **pak choi**.

Tip! Use a teaspoon to peel the ginger.



4 Fry

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **garlic**, **ginger**, **spring onion**, **tamari** and **pak choi** and fry for 5 min or until the **pak choi** begins to soften



5 Toss rice

Add the cooked **rice** to the pan and give everything a good mix up. Remove the pan from the heat and add the **sesame oil**.



6 Serve

Serve the **chicken** over the **rice** and **pak choi** and garnish with the sliced **chilli (spicy!)**.