

Spicy Sri Lankan Chicken

Kottu Roti

hellóchef

Kottu or koththu roti simply means chopped bread in Sri Lanka's local language Sinhala.

Cals 718 • Prot 67 • Carbs 93 • Fat 13

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R2746



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	
Chicken breast	400	500	600	Grams
Garlic cloves	3	5	6	Pieces
Ginger	30	45	60	Grams
Small green chilli	1	2	2	Pieces
Vegetable oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp
Sambal oelek	20	0	0	Grams
Tomato paste	30	50	70	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Turmeric powder	2	4	4	Grams
Black pepper	0.5	0.5	0.5	Tsp
Stir fry				
Wholewheat tortilla wraps 10*, 11*	2	3	4	Pieces
Carrot	2	3	4	Pieces
Red onion	1	2	2	Pieces
Leeks	1	1	1	Pieces
Vegetable oil	4	5	6	Tbsp
Curry leaves	12	12	12	Grams
Organic Eggs 5*	1	2	2	Pieces
To serve				
Large red chilli	1	2	2	Pieces
Fresh coriander	15	15	15	Grams

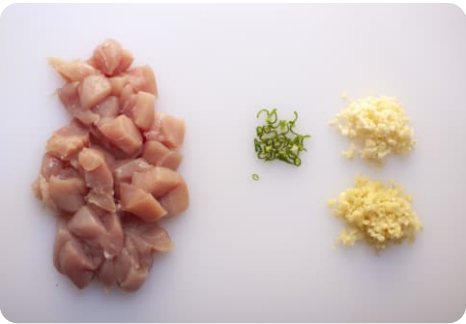
Allergens

*9 Soya, *10 Wheat, *11 Gluten, *5 Eggs

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)	3003 / 718
Fat (g)	13
of which saturates (g)	4.9
Carbohydrate (g)	93
of which sugars (g)	23.1
Fiber (g)	17.3
Protein (g)	66.9
Salt (g)	4.6

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



1 Prep chicken

Chop the **chicken breasts** to cubes. Peel and crush the **garlic**. Peel and grate the **ginger**. Finely chop the **green chilli** (remove the seeds and the white pith if you prefer it milder).



2 Fry and season

Heat a pan over medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** and fry for 2 min. Add the **garlic, ginger, chilli** and a pinch of **salt**. Fry for 1 min further. Add the **sambal oelek, tomato paste, soy sauce, turmeric powder** and **black pepper**. Stir-fry for a final 2 min. Transfer everything to a bowl and set aside.



3 Prep stir fry

Slice the **tortilla wraps** into thin strips (see pro tip). Peel the **carrot** and cut it into thin sticks. Peel and finely slice the **onion**. Halve the **leeks** and rinse in between the layers, then slice into thin sticks. Finely slice the **red chilli**. Chop the **fresh coriander**.



4 Fry tortilla strips

Return the pan to a high heat with a drizzle of **vegetable oil**. Once hot, add the **tortilla** strips and stir-fry for 3-4 min until golden and crispy (see pro tip). Transfer them to a plate and set aside. If you're cooking for 3 or 4, use two pans.



5 Stir-fry

Return the pan to the heat with a generous drizzle of **oil**. Add the **curry leaves** and stir-for 1 min. Add the **carrots, red onion** and **leeks** and fry for 2 min. Crack the **eggs** into the pan and stir-fry until scrambled. Add the **chicken** and its marinade and stir-fry for a final 1-2 min.



6 Add and serve

Add the fried **tortilla** strips to the pan and give everything a good toss. Divide the Kottu Roti among plates and garnish with the **red chilli** slices and the **fresh coriander**.