

Chilli Chicken

with Cauliflower Fried Rice

hellóchef

This Indian-Chinese inspired dish brings together familiar flavours we know you'll love!

Cals 542 • Prot 59 • Carbs 69 • Fat 5

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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	600	800	Grams
Corn starch	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Large red chilli	1	1	2	Piece
Coriander powder	2	2	4	Grams
Ginger garlic paste	15	20	30	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Sweet chilli sauce	60	60	80	ML
Sriracha sauce	14	21	28	Grams
Rice vinegar	15	22	30	ML
Vegetables				
Yellow pepper	1	2	2	Piece
Green beans	150	250	375	Grams
Spring onion	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Cauliflower Rice				
Cauliflower	600	800	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

***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**.

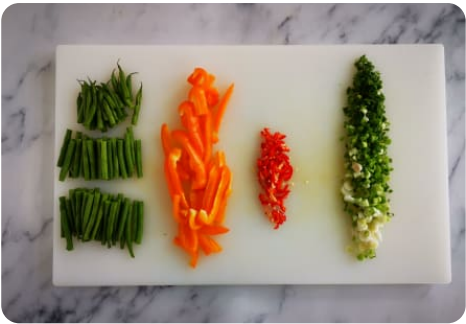
Nutritional information	Per Serving*
Energy (kJ/kcal)	2265 / 542
Fat (g)	5.1
of which saturates (g)	1.2
Carbohydrate (g)	69
of which sugars (g)	23.6
Fiber (g)	12
Protein (g)	58.5
Salt (g)	4.3

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



1 Fry chicken

Chop the **chicken breast** into bite-sized pieces. Toss the **chicken**, **corn starch** and a pinch of **salt** in a bowl. Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** pieces and fry for 5 min. Once cooked, transfer the **chicken** to a plate (reserve the pan).



2 Prep vegetables

Meanwhile, de-seed and finely slice the **pepper**. Trim and roughly chop the **green beans** and **spring onion**. Finely chop the **red chilli**.



3 Make cauli 'rice'

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 7 min. Remove from the heat and keep warm.



4 Make sauce

Meanwhile, return the pan to a medium heat with a drizzle of **vegetable oil**. Once hot, add the **red chilli (spicy!)**, **peppers**, **green beans**, **coriander powder** and **ginger garlic paste**. Fry for 4 min. Add the **soy sauce**, **sweet chilli sauce (spicy!)**, **sriracha sauce (spicy!)**, **rice vinegar** and **chicken**. Fry for 1 final min.



5 Serve

Add the chopped **spring onions** to the **chicken** and toss. Plate the **cauliflower rice** in a bowl and top with the **chilli chicken**.

Tip! This one reheats well! Have the leftovers for lunch the following day.