



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

Cooking Time: 30 min | Dairy-Free
Cals 573 | Prot 53 | Carbs 80 | Fat 7

Tips For Fussy Eaters

Sensitive to spice? De-seed the red chillies first!

Pro Tip

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

Ingredients

Chicken

	For 2	For 3	For 4	
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	20	30	40	ML
Sweet chilli sauce	60	60	80	ML
Sriracha sauce	14	21	28	ML
Rice vinegar	15	22	30	ML

Vegetables

Yellow pepper	1	1	2	Piece
Green beans	150	250	300	Grams
Spring onion	40	40	60	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



1 Fry chicken

Cut 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).



4 Make sauce

Meanwhile, return the pan to a medium heat with a drizzle of **vegetable oil**. Once hot, add the **red chilli (spicy!)**, bell **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.



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**.



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**.



3 Make cauli 'rice'

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a second frying 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. Cover and reserve.