

# Easy Chilli Ginger Chicken

## with Sesame Green Beans and Edamame

**hellóchef**

This easy chilli ginger chicken stir-fry is ready in less than 20 minutes!

Cals 542 • Prot 61 • Carbs 40 • Fat 16

**Quick Prep**

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 prep: 5 min

 cook: 20 min

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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	30	60	60	Grams
Salt	0.5	1	1	Tsp
Large red chilli	1	1	2	Piece
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	20	30	40	ML
Ginger paste	10	15	20	Grams
Chilli jam	28	28	56	Grams
Garlic powder	4	5	8	Grams
Rice vinegar	15	22	30	ML
Vegetable oil	1	1	2	Tbsp
Green beans				
Green beans	250	375	500	Grams
Vegetable oil	1	1	2	Tbsp
Edamame beans <b>9*</b>	150	200	300	Grams
Tamari <b>9*</b>	15	22	30	ML
Sesame oil <b>3*</b> , <b>9*</b>	15	22	30	ML
Sesame seeds <b>3*</b>	10	15	20	Grams

Allergens

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

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)	2268 / 542
Fat (g)	16.3
of which saturates (g)	2.1
Carbohydrate (g)	40
of which sugars (g)	13.6
Fiber (g)	9.3
Protein (g)	60.9
Salt (g)	3.6

\*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

Chop the **chicken** into bite-sized pieces. Trim the **green beans**. In a bowl, toss the **chicken** in the **corn starch** with a generous pinch of **salt**.



2 Make glaze

Finely chop the **red chilli**. In a bowl, mix the **soy sauce**, **ginger paste**, **chilli jam**, **red chilli (spicy!)** and **garlic powder** with the **rice vinegar**.



3 Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5 min or until the **chicken** is cooked through.



4 Add glaze

Add the **glaze** and cook for 1 min or until the **sauce** begins to thicken up.



5 Fry veg

Heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and fry for 3 min. Add the **edamame** and **tamari** and fry for 1 final min. Remove from the heat and add the **sesame oil** and **sesame seeds**. Toss.



6 Serve

Serve the **ginger chilli chicken** alongside the **green beans** and **edamame**.