



# Sweet Chili Chicken and Peppers

## with Jasmine Rice

Spicy

25 Minutes



Chicken Thighs <sup>+</sup> 280 g | 560 g  
Tofu 1 | 2  
Diced Chicken Breast <sup>+</sup> 620 g | 1240 g

Customized Protein <sup>+</sup> Add <sup>↻</sup> Swap or <sup>✖2</sup> Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Chicken Breast, Diced <sup>+</sup>  
310 g | 620 g
- Jasmine Rice  
¾ cup | 1 ½ cups
- Sweet Bell Pepper  
1 | 2
- Onion, sliced  
56 g | 113 g
- Vegetarian Oyster Sauce  
¼ cup | ½ cup
- Ginger-Garlic Puree  
2 tbsp | 4 tbsp
- Sweet Chili Sauce <sup>↩</sup>  
2 tbsp | 4 tbsp
- Soy Sauce  
1 tbsp | 2 tbsp
- Green Onion  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, whisk

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## Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Once water is boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove the pot from heat. Set aside, still covered.

4



## Cook chicken and sauce

Swap | Tofu

- Add ½ **tbsp** (1 **tbsp**) **oil** to the same pan, then **chicken**.
- Cook, flipping once halfway through, until cooked through, 5-6 min.\*\*
- Add **sauce** and return **veggies** to the pan.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.

2



## Prep

Swap | Chicken Thighs

Swap | Tofu

\*2 Double | Diced Chicken Breast

- Meanwhile, core, then cut **pepper** into ¼-inch strips.
- Thinly slice **green onions**.
- Whisk together **soy sauce**, **oyster sauce**, **ginger-garlic puree**, **sweet chili sauce** and ¼ **cup** (½ **cup**) **water** in a small bowl.
- Set aside.
- Pat **chicken** dry with paper towels.
- Season with **salt** and **pepper**.

5



## Finish and serve

- Fluff **rice** with a fork, then stir in **green onions**.
- Divide **rice** between bowls.
- Top with **saucy chicken** and **veggies**.

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **onions** and **pepper**. Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.
- Transfer to a plate.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 2 | Prep

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cut into 1-inch pieces, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **diced chicken**.

## 2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a **fork**, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

## 2 | Prep

\*2 Double | Diced Chicken Breast

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

## 4 | Cook tofu and sauce

Swap | Tofu

Add 1 **tbsp** (2 **tbsp**) **oil** to the same pan, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.