



**HELLO
FRESH**

Super Quick Honey-Miso Double Chicken

with Jasmine Rice and Sesame Seeds

High Protein

Preparation time : 15 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/super-quick-honey-miso-double-chicken-416>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Kettle, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bell Pepper (unit(s))	1	2	2
Jasmine Rice (grams)	150	225	300
Diced British Chicken Breast (grams)	480	780	960
Young Pea Pods (grams)	80	160	160
Lime (unit(s))	1	1	2
Oyster Sauce (grams)	50	100	100
Ketjap Manis (grams)	20	30	40
Miso Paste (grams)	15	22	30
Honey (grams)	15	22½	30
Black Sesame Seeds (grams)	5	10	10
Water for the Sauce (milliliter(s))	100	150	200

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2891 kJ
Energy (kcal)	691 kcal
Fat	9.8 g
of which saturates	2 g
Carbohydrate	86.6 g
of which sugars	23.8 g
Dietary Fibre	4.4 g
Protein	67.6 g
Salt	4.13 g

Allergens

Wheat, Molluscs, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Peanut, Sesame, Nuts

Always check the product labels for allergen information.



Rice On

- Boil a half-full kettle.
- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain the **prawns**.
- Pour the **boiled water** into a saucepan with ¼ **tsp salt** on high heat.
- Boil the rice, 12-13 mins. Once cooked, drain, pop back in the pan and cover.



Almost There

- Once the **chicken** is cooked, add the **oyster sauce, ketjap, miso, honey,** and **water for the sauce** (see pantry).
- Bring to a boil. Simmer until thickened slightly, 2-3 mins.
- Add a squeeze of **lime juice**. Remove from the heat.



Get Frying

- Next, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **pepper**, 8-10 mins. Season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Once cooked, add the **pea pods** to the **chicken**. Fry, 2 mins more.
- Meanwhile, cut the **lime** into wedges.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **miso chicken stir-fry**.
- Sprinkle over the **sesame seeds**.
- Share with any remaining **lime wedges** for squeezing over.

Enjoy your meal!