

Reisbowl mit Pulled Chicken Hoisin

dazu süsses Chili-Gemüse

High Protein | unter 650 Kalorien | 35 – 45 Minuten • 574 kcal • Tag 3 kochen

22



Jasminreis



Pouletbrustfilet



Knoblauchzehe



Hoisin-Sauce



Sojasauce



Broccoli



Rüebli



Sweet Chili Sauce



Maizena



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

Los geht's

Wasche Gemüse und Fleisch ab und tupfe das Fleisch mit Küchenpapier trocken.

Basiszutaten aus Deiner Küche*

Salz*, Pfeffer*, Öl*, Wasser*, Pouletbouillonpulver*, Honig*

Kochutensilien

1 grossen Topf mit Deckel, 1 grosse Bratpfanne, 1 kleinen Topf mit Deckel, 1 kleine Schüssel, 1 Messbecher, 1 Sieb und 1 Gemüseraffel

Zutaten 2 | 4 Personen

	2P	4P
Jasminreis	1 x 150 g	1 x 300 g
Pouletbrustfilet	2 x 120 g	4 x 120 g
Knoblauchzehe	1 x 4 g	2 x 4 g
Hoisin-Sauce 11) 15)	1 x 25 ml	2 x 25 ml
Sojasauce 11) 15)	1 x 25 ml	1 x 50 ml
Broccoli	1 x 250 g	1 x 500 g
Rüebli	1 x 100 g	2 x 100 g
Sweet Chili Sauce 14)	1 x 25 g	1 x 50 g
Maizena	1 x 4 g	1 x 8 g

**Beachte die benötigte Menge. Die gelieferte Menge in Deiner Box weicht hiervon ab und es bleibt etwas übrig

Durchschnittliche Nährwerte pro

(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 750 g)
Brennwert	322 kJ/ 77 kcal	2400 kJ/ 574 kcal
Fett	1.40 g	10.47 g
- davon ges. Fettsäuren	0.18 g	1.33 g
Kohlenhydrate	10.58 g	78.91 g
- davon Zucker	2.28 g	17.01 g
Eiweiss	5.72 g	42.69 g
Salz	0.392 g	2.927 g

Bitte beachte, dass die Nährwertangaben auf der Rezeptkarte aufgrund natürlicher Schwankungen und kurzfristiger Produktänderungen abweichen können. Massgeblich sind allein die Nährwertinformationen auf den Produktverpackungen.

Allergene: **11)** Soja **14)** Schwefeldioxyd und Sulfite **15)** Weizen

(Bitte beachte weitere Informationen zu Allergenen und möglichen Spuren von Allergenen auf der Zutatenverpackung!)



Gemüse schneiden

Erhitze reichlich **Wasser*** im Wasserkocher.

Broccoli in Röschen teilen, die Stiele in Scheiben schneiden.

Rüebli schälen und schräg in 0.5 cm dicke Scheiben schneiden.

Knoblauch schälen und fein hacken.



Gemüse braten

In einer grossen Bratpfanne 0.5 EL **[1 EL] Öl*** erhitzen.

Broccoli, Rüebli und gehackten **Knoblauch** darin 5 – 6 Min. anbraten.

Mit 150 ml **[300 ml] Wasser*** ablöschen und 3 – 5 Min. weiterköcheln lassen, bis das **Gemüse** gar ist.

Hälfte der **Sweet-Chili Sauce** unter das **Gemüse** mischen.



Reis garen

In einen kleinen Topf mit Deckel 300 ml **[600 ml]** heisses **Wasser*** füllen, **salzen*** und einmal aufkochen lassen.

Reis hineinrühren und bei niedriger Hitze ca. 10 Min. abgedeckt köcheln lassen.

Dann Topf vom Herd nehmen und mindestens 10 Min. abgedeckt ziehen lassen.



Poulet fertigstellen

Poulet aus der **Bouillon** nehmen, mit 2 Gabeln auseinanderzupfen.

100 ml **[200 ml] Bouillon** aus dem Topf abmessen (eventuell mit **Wasser*** auffüllen), dann zurück in den Topf geben. **Pouletfleisch** hineingeben. **Hoisinsauce** mit **Sojasauce**, 1 EL **[2 EL] Honig*** und **Maisstärke** verrühren, in den Topf geben und 3 – 4 Min. einkochen, bis die **Sauce** etwas dicklich wird. Mit **Salz*** und **Pfeffer*** abschmecken.

Tipp: Wenn die Sauce zu dick wird, gib noch esslöffelweise Wasser dazu.



Poulet garen

Pouletbrustfilets quer halbieren.

In einem grossen Topf mit Deckel 1 EL **[2 EL] Öl*** erhitzen.

Pouletfleisch darin 4 – 5 Min. rundherum anbraten.

Hitze reduzieren, 200 ml **[400 ml] Wasser*** und die mitgelieferte 4 g **[8 g] Pouletbouillonpulver*** zugeben und abgedeckt 8 – 10 Min. köcheln lassen, bis das **Fleisch** innen nicht mehr rosa ist.

Evtl. etwas **Wasser*** nachgiessen.



Anrichten

Am Ende der Garzeit **Reis** mit einer Gabel auflockern und mit **Broccoli-Rüebli-Gemüse** und **Pulled Chicken** in Bowls oder tiefen Tellern anrichten.

Mit restlicher **Sweet-Chili-Sauce** geniessen.

En Guete!

Du liebst HelloFresh?

Deine Freunde sicher auch! Lade sie jetzt über den QR Code oder über www.hellofresh.ch/freunde ein!



Rice bowl with pulled chicken hoisin

served with sweet chilli vegetables

High protein | Under 650 calories | 35-45 minutes • 574 kcal • Cook on day 3

22



Jasmine rice



Chicken breast fillet



Garlic clove



Hoisin sauce



Soy sauce



Broccoli



Carrot



Sweet chilli sauce



Corn starch

Let's get started

Wash vegetables and meat and pat the meat dry with kitchen roll.

Basics from your kitchen*

Salt*, pepper*, oil*, water*, chicken stock powder*, honey*

Cooking utensils

1 large pot with lid, 1 large frying pan, 1 small pot with lid, 1 small bowl, 1 measuring jug, 1 sieve and 1 vegetable grater

Ingredients for 2 | 4 persons

	2P		4P	
Jasmine rice	1 x	150 g	1 x	300 g
Chicken breast fillet	2 x	120 g	4 x	120 g
Garlic clove	1 x	4 g	2 x	4 g
Hoisin sauce 11 15)	1 x	25 ml	2 x	25 ml
Soy sauce 11 15)	1 x	25 ml	1 x	50 ml
Broccoli	1 x	250 g	1 x	500 g
Carrots	1 x	100 g	2 x	100 g
Sweet chilli sauce 14)	1 x	25 g	1 x	50 g
Corn starch	1 x	4 g	1 x	8 g

**Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

Average nutritional values per

(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 750 g)
Calories	322 kJ/ 77 kcal	2400 kJ/ 574 kcal
Fat	1.40 g	10.47 g
- incl. saturated fats	0.18 g	1.33 g
Carbohydrate	10.58 g	78.91 g
- incl. sugar	2.28 g	17.01 g
Protein	5.72 g	42.69 g
Salt	0.392 g	2.927 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

Allergens: 11 Soya **14** Sulphur dioxides and sulphites **15** Wheat

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)



1 Chop the vegetables

Heat plenty of water* in the kettle.

Divide the broccoli into florets and slice the stems.

Peel the carrots and cut them diagonally into 0.5 cm slices.

Peel and finely chop the garlic.



2 Cook the rice

Fill a small pot with a lid with 300 ml [600 ml] hot water*, add salt* and bring to the boil.

Stir in the rice, cover and simmer on a low heat for about 10 minutes.

Then take the pot off the stove and let the rice carry on cooking with the lid on for at least 10 min.



3 Cook the chicken

Halve the chicken breast fillets crosswise.

Heat 1 tbsp. [2 tbsp.] oil* in a large pot with a lid.

Sauté the chicken for 4-5 min. on all sides.

Reduce the heat, add 200 ml [400 ml] water* and 4 g [8 g] chicken stock powder*, and simmer with the lid on for 8-10 min. until the meat is no longer pink inside.

Add a little water* if necessary.



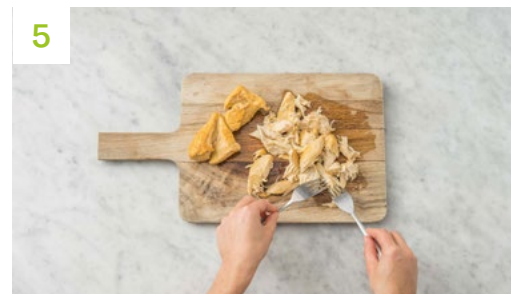
4 Fry the vegetables

Heat 0.5 tbsp. [1 tbsp.] oil* in a large frying pan.

Sauté the broccoli, carrots and chopped garlic for 5-6 min.

Deglaze with 150 ml [300 ml] water* and simmer for another 3-5 min. until the vegetables are cooked.

Mix half of the sweet chilli sauce into the vegetables.



5 Finish the chicken

Remove the chicken from the stock and pull it apart using 2 forks.

Measure out 100 ml [200 ml] stock from pot (top up with water* if necessary), then return to the pot. Add the chicken. Mix the hoisin sauce with the soy sauce, 1 tbsp. [2 tbsp.] honey* and corn starch, add to pot and boil for 3-4 min. until the sauce thickens slightly. Season with salt* and pepper*.

Tip: If the sauce gets too thick, add tablespoons of water as required.



6 Serve

At the end of the cooking time, fluff up the rice with a fork and serve with the broccoli, carrots and pulled chicken in bowls or deep plates.

Enjoy with the remaining sweet chilli sauce.

Bon appetit!

Love HelloFresh?

Your friends will surely love it too!
Send them an invite now using the QR code or at www.hellofresh.ch/freunde!



Rice bowl with pulled chicken hoisin

served with sweet chilli vegetables

High protein | Under 650 calories | 35-45 minutes • 574 kcal • Cook on day 3

22



Jasmine rice



Chicken breast fillet



Garlic clove



Hoisin sauce



Soy sauce



Broccoli



Carrot



Sweet chilli sauce



Corn starch

Let's get started

Wash vegetables and meat and pat the meat dry with kitchen roll.

Basics from your kitchen*

Salt*, pepper*, oil*, water*, chicken stock powder*, honey*

Cooking utensils

1 large pot with lid, 1 large frying pan, 1 small pot with lid, 1 small bowl, 1 measuring jug, 1 sieve and 1 vegetable grater

Ingredients for 2 | 4 persons

	2P		4P	
Jasmine rice	1 x	150 g	1 x	300 g
Chicken breast fillet	2 x	120 g	4 x	120 g
Garlic clove	1 x	4 g	2 x	4 g
Hoisin sauce 11 15)	1 x	25 ml	2 x	25 ml
Soy sauce 11 15)	1 x	25 ml	1 x	50 ml
Broccoli	1 x	250 g	1 x	500 g
Carrots	1 x	100 g	2 x	100 g
Sweet chilli sauce 14)	1 x	25 g	1 x	50 g
Corn starch	1 x	4 g	1 x	8 g

**Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

Average nutritional values per

(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 750 g)
Calories	322 kJ/ 77 kcal	2400 kJ/ 574 kcal
Fat	1.40 g	10.47 g
- incl. saturated fats	0.18 g	1.33 g
Carbohydrate	10.58 g	78.91 g
- incl. sugar	2.28 g	17.01 g
Protein	5.72 g	42.69 g
Salt	0.392 g	2.927 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

Allergens: 11 Soya **14** Sulphur dioxides and sulphites **15** Wheat

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)



1 Chop the vegetables

Heat plenty of water* in the kettle.

Divide the broccoli into florets and slice the stems.

Peel the carrots and cut them diagonally into 0.5 cm slices.

Peel and finely chop the garlic.



2 Cook the rice

Fill a small pot with a lid with 300 ml [600 ml] hot water*, add salt* and bring to the boil.

Stir in the rice, cover and simmer on a low heat for about 10 minutes.

Then take the pot off the stove and let the rice carry on cooking with the lid on for at least 10 min.



3 Cook the chicken

Halve the chicken breast fillets crosswise.

Heat 1 tbsp. [2 tbsp.] oil* in a large pot with a lid.

Sauté the chicken for 4-5 min. on all sides.

Reduce the heat, add 200 ml [400 ml] water* and 4 g [8 g] chicken stock powder*, and simmer with the lid on for 8-10 min. until the meat is no longer pink inside.

Add a little water* if necessary.



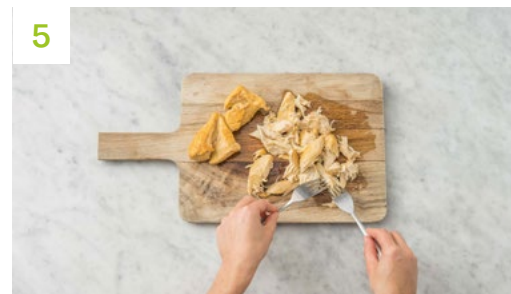
4 Fry the vegetables

Heat 0.5 tbsp. [1 tbsp.] oil* in a large frying pan.

Sauté the broccoli, carrots and chopped garlic for 5-6 min.

Deglaze with 150 ml [300 ml] water* and simmer for another 3-5 min. until the vegetables are cooked.

Mix half of the sweet chilli sauce into the vegetables.



5 Finish the chicken

Remove the chicken from the stock and pull it apart using 2 forks.

Measure out 100 ml [200 ml] stock from pot (top up with water* if necessary), then return to the pot. Add the chicken. Mix the hoisin sauce with the soy sauce, 1 tbsp. [2 tbsp.] honey* and corn starch, add to pot and boil for 3-4 min. until the sauce thickens slightly. Season with salt* and pepper*.

Tip: If the sauce gets too thick, add tablespoons of water as required.



6 Serve

At the end of the cooking time, fluff up the rice with a fork and serve with the broccoli, carrots and pulled chicken in bowls or deep plates.

Enjoy with the remaining sweet chilli sauce.

Bon appetit!

Love HelloFresh?

Your friends will surely love it too!
Send them an invite now using the QR code or at www.hellofresh.ch/freunde!

