






More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Chicken Fried Rice with Mushrooms, Chilli, Peanuts and Soy

You know us at the Fresh Farm, we're not in to fancy things, we just love wonderful home cooking. So, André's kept it simple with his chicken fried rice. It's simple to make and simply delicious. Enjoy!

 30 mins

 family box

 lactose free

 spicy



Basmati Rice (2 packs)



Cinnamon Stick (1)



Chicken Thigh (8)



Closed Cup Mushrooms
(1 punnet)



Ginger (2 tbsp)



Garlic Clove (2)



Red Chilli (2)



Spring Onion (6)



Coriander (7 tbsp)



Salted Peanuts
(2 tbsp)




Soy Sauce (2 tbsp)

Ingredients

4 PEOPLE

ALLERGENS

Basmati Rice	2 packs	
Cinnamon Stick	1	
Chicken Thigh	8	
Closed Cup Mushrooms, chopped	1 punnet	
Ginger, chopped	2 tbsp	
Garlic Clove, sliced	2	
Red Chilli, chopped	2	
Spring Onion, sliced	6	
Coriander, chopped	7 tbsp	
Salted Peanuts	2 tbsp	Peanut
Soy Sauce	2 tbsp	Gluten, Soya

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

The Americans love peanut butter so much, they have named six cities after it!

Nutrition per serving: Calories: 847 kcal | Protein: 44 g | Carbs: 72 g | Fat: 34 g | Saturated Fat: 8 g

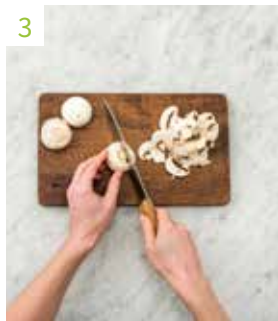
2



1 Pour the **rice** into a pot with the **cinnamon stick** and $\frac{1}{2}$ tsp of **salt**. Add 700ml of **water**, bring to the boil on high heat and then pop on the lid. Once the **water** is boiling turn the heat down to low and cook for 10 mins. After 10 mins, remove the pot from the heat and leave for another 10 mins with the lid on.

and cook for 5 mins, before turning and cooking for 5 more mins. The **chicken** should be golden brown on the outside and no longer pink in the middle. Transfer your **chicken** to a bowl once it's cooked and keep to one side. **Tip:** *Do this in batches if your pan isn't quite big enough. You want your chicken to fry not stew!*

3



2 As the **rice** cooks, get on with the rest of the prep. Cut the **chicken** into strips 1cm wide.

7 Once the **chicken** is cooked and resting in the bowl, wipe out your frying pan with some kitchen paper and add 1 tbsp of **oil**. Keep the heat on high and fry the **mushrooms** for 5 mins or until golden brown, stir in the **ginger, garlic** and **chilli** and cook for another minute. **Tip:** *Use less or more chilli depending on how spicy you like things! We recommend 1 tsp for kids, but if the adults want a bit more heat, sprinkle over a little more chilli at the end!*

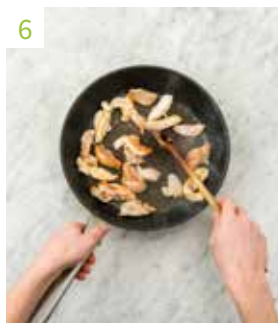
4



4 Peel and chop both the **ginger** and **garlic** and then cut the **chillies** into very thin slices. **Tip:** *If you want to reduce the heat of the chilli, cut it in half lengthways, scoop out the seeds with a teaspoon then slice in the same way. The seeds contain a lot of the heat!*

8 Next, put your **chicken** and any juices back into the pan and cook until the **chicken** is piping hot. Pour in half of the **soy sauce** and then add your cooked **rice**. Mix well and check the seasoning. Add more **soy sauce** if needed.

6



5 Remove the roots from the **spring onions** and slice as thinly as you can. Roughly chop the **coriander** leaves. **LH:** *Pop the peanuts into a food bag and crush with a rolling pin.*

9 Serve your fried **rice** immediately and finish with a sprinkle of your **spring onions, coriander** and chopped **peanuts**. Enjoy!

6 Heat a wide frying pan over high heat and add 1 tbsp of **oil**. When the **oil** is hot add the **chicken** to the pan