



Sticky Chicken and Rice

with Pickled Carrot Ribbons and Crushed Peanuts

Rapid 20 Minutes • 1 of your 5 a day

16



Basmati Rice



Carrot



Rice Vinegar



Pak Choi



Diced Chicken Breast



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Honey



Salted Peanuts



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, peeler, bowl, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	1½	2
Rice Vinegar	30ml	45ml	60ml
Pak Choi**	1	1½	2
Diced Chicken Breast**	260g	390g	520g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Honey	15g	22g	30g
Salted Peanuts 1)	25g	40g	50g
Diced Chicken Breast**	390g	520g	780g
Pantry	2P	3P	4P
Sugar for the Pickle*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	393g	100g	458g	100g
Energy (kJ/kcal)	2621 / 626	666 / 159	2944 / 704	642 / 154
Fat (g)	10.3	2.6	11.5	2.5
Sat. Fat (g)	2.1	0.5	2.4	0.5
Carbohydrate (g)	89.2	22.7	89.2	19.5
Sugars (g)	26.6	6.8	26.7	5.8
Protein (g)	42.7	10.9	58.5	12.8
Salt (g)	2.58	0.66	2.68	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11**) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Flavour

- Once the **chicken** has browned, lower the heat to medium and add the **pak choi** and **garlic, ginger and lemongrass paste** to the pan. Cook for 1-2 mins.
- Stir through the **ketjap manis, honey, water for the sauce** (see pantry for amount) and remaining **rice vinegar**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Cook until the **sauce** has reduced slightly, 2-3 mins.



Pickle Time

- Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Add the **carrot ribbons** to a medium bowl with **half of the rice vinegar** and the **sugar for the pickle** (see pantry for amount). Add a pinch of salt, mix together, then set aside to pickle.
- Trim the **pak choi**, then thinly slice widthways.



Get Crushing

- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to upgrade for **extra chicken**, cook the recipe in the same way.



Finish and serve

- Fluff up the **rice** with a fork and share between your serving bowls.
- Top with the **sticky glazed chicken** and sprinkle over the **peanuts**.
- Serve with the **pickled carrot ribbons** on top.

Enjoy!