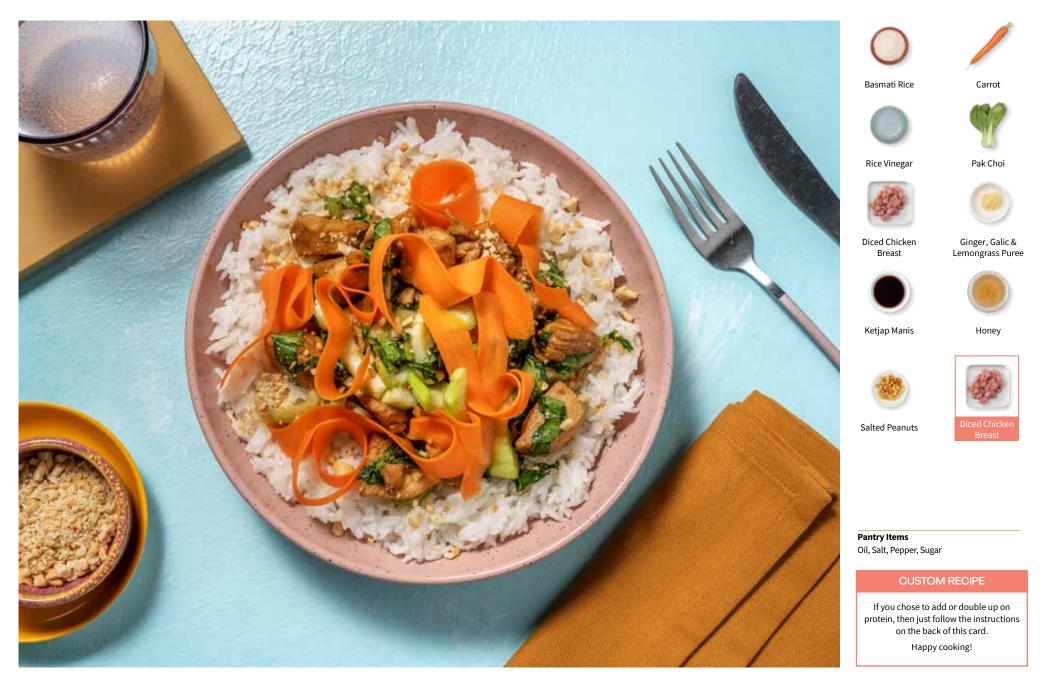


Sticky Chicken and Rice with Pickled Carrot Ribbons and Crushed Peanuts



Rapid

20 Minutes • 1 of your 5 a day



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	11/2	2
Rice Vinegar	30ml	45ml	60ml
Pak Choi**	1	11/2	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

100ml 150ml Water for the Sauce* 75ml *Not Included **Store in the Fridae

Nutrition

				Ouoconnicolpe		
Typical Values	Per	Per	Per	Per		
	serving	100g	serving	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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Cook the Rice

a) Boil a full kettle.

b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.

c) Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Pickle Time

a) Meanwhile, trim and peel the carrot. Use the peeler to peel long ribbons down the length of the carrot, stopping at the core.

b) 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.

c) Trim the pak choi, then thinly slice widthways.



Fry the Chicken

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) 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.



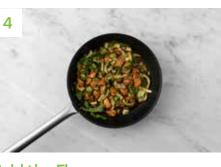
Finish and serve

a) Fluff up the rice with a fork and share between your serving bowls.

b) Top with the sticky glazed chicken and sprinkle over the peanuts.

c) Serve with the pickled carrot ribbons on top.

Enjoy!



Add the Flavour

a) 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.

b) 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.

Get Crushing

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

