



# Chicken Fried Rice

with Mushrooms and Sugar Snap Peas

24

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Diced Chicken Thigh



Sliced Mushrooms



Sugar Snap Peas



Garlic Clove



Lime



Thai Style Spice Blend



Ginger Puree



Soy Sauce



Sambal Paste



Ketjap Manis



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey

### CUSTOM RECIPE

If you chose to swap or upgrade your 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, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Sliced Mushrooms**	120g	180g	240g
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	1	1
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	15g	30g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Sambal Paste	15g	23g	30g
Ketjap Manis <b>11</b>	25g	50g	50g
Diced Chicken Breast**	260g	490g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	372g	100g	372g	100g
Energy (kJ/kcal)	2490 /595	669 /160	2229 /533	599 /143
Fat (g)	14.2	3.8	4.1	1.1
Sat. Fat (g)	4.0	1.1	1.0	0.3
Carbohydrate (g)	82.0	22.1	81.8	22.0
Sugars (g)	16.9	4.5	16.9	4.5
Protein (g)	38.8	10.4	41.7	11.2
Salt (g)	3.14	0.84	3.07	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

## Allergens

**3**) Sesame **11**) Soya **13**) Cereals containing gluten

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

- Boil a half-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.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side.



## Bring on the Flavour

- Once the **chicken** has browned, add the **Thai style spice blend** (add less if you'd prefer things milder), **ginger puree**, **garlic** and **sugar snaps** to the pan.
- Cook, stirring frequently, until fragrant, 2 mins.



## Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **sliced mushrooms**. Season with **salt** and **pepper**.
- Stir-fry until golden brown all over, 7-8 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Combine and Stir

- Lower the heat to medium, then add the **soy sauce**, **sambal paste** (add less if you'd prefer things milder), **ketjap manis** and **honey** (see pantry for amount). Stir to combine.
- Stir through the **cooked rice** and cook until piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a good squeeze of **lime juice** from a **lime wedge**, then remove the pan from the heat.



## Prep Time

- Meanwhile, cut the **sugar snap peas** into 3 pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into **wedges** (see ingredients for amount).



## Finish and Serve

- Share the **chicken fried rice** between your bowls.
- Serve with a **lime wedge** for squeezing over.

## Enjoy!



Weight Watchers