



Szechuan Chicken Stir-Fry with Mushrooms, Mangetout and Rice

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

7



Jasmine Rice



Diced Chicken Thigh



Sliced Mushrooms



Mangetout



Lime



Szechuan Paste



Soy Sauce



Ketjap Manis



Salted Peanuts



Diced Chicken Breast

Recipe Update

Due to challenges with our supplier, you'll receive **salted peanuts** instead of **roasted white sesame seeds**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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. Ingredients in red are hot!

Cooking tools

Kettle and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------|--------|---------|--------|
| Jasmine Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 260g | 390g | 520g |
| Sliced Mushrooms** | 80g | 120g | 180g |
| Mangetout** | 80g | 120g | 160g |
| Szechuan Paste 11) | 56g | 100g | 112g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |
| Ketjap Manis 11) | 25g | 37g | 50g |
| Lime** | 1 | 1½ | 2 |
| Salted Peanuts 2) | 25g | 25g | 25g |
| Diced Chicken Breast** | 260g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Water* | 2 tbsp | 3 tbsp | 4 tbsp |
| 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 | 409g | 100g | 409g | 100g |
| Energy (kJ/kcal) | 2820 /674 | 689/165 | 2559 /612 | 625 /149 |
| Fat (g) | 19.9 | 4.9 | 9.8 | 2.4 |
| Sat. Fat (g) | 5.1 | 1.2 | 2.1 | 0.5 |
| Carbohydrate (g) | 87.1 | 21.3 | 86.8 | 21.2 |
| Sugars (g) | 19.6 | 4.8 | 19.6 | 4.8 |
| Protein (g) | 41.1 | 10.0 | 44.4 | 10.7 |
| Salt (g) | 3.89 | 0.95 | 3.82 | 0.93 |

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

Allergens

2) Nuts 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Boil Rice

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Simmer Sauce

- Next, add the **Szechuan paste**, **soy sauce**, **ketjap manis**, **honey** and **water** (see pantry for both).
- Bring to the boil and stir. Lower the heat, then simmer, 3-4 mins.
- Taste and season. Add a splash of **water** if needed.



Sizzle Time

- Once hot, fry the **chicken**, **mushrooms** and **mangetout**, 5-6 mins.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Season with **salt** and **pepper**.
- Meanwhile, cut the **lime** into wedges.

CUSTOM RECIPE

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



Dinner's Ready!

- Divide the **rice** and **stir-fry** between bowls.
- Sprinkle over the **peanuts**.
- Serve with the **lime wedges** for squeezing over.

Enjoy!