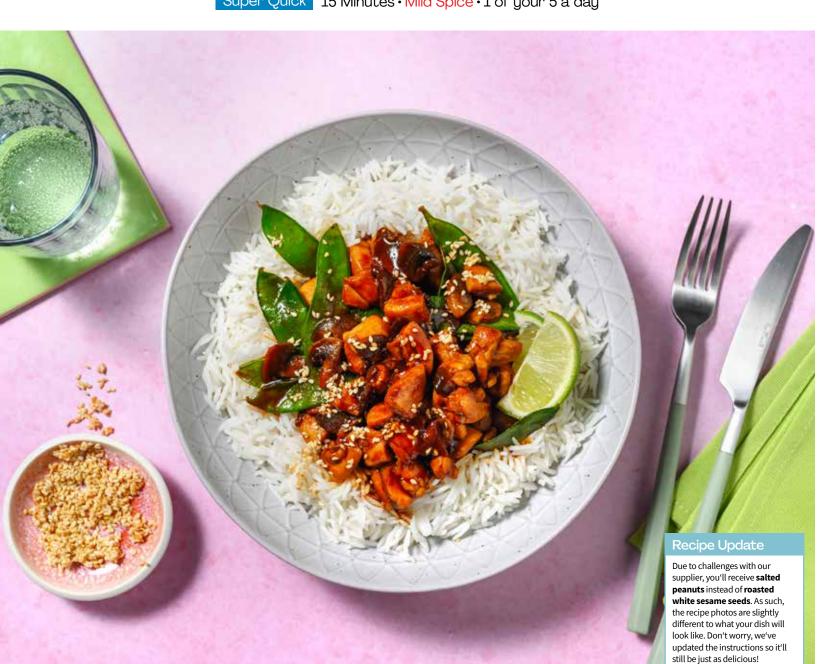


Szechuan Chicken Stir-Fry

with Mushrooms, Mangetout and Rice

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











Jasmine Rice





Sliced Mushrooms



Mangetout



Lime



Szechuan Paste



Soy Sauce



Ketjap Manis



Salted Peanuts



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

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	11/2	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			Custom Recipe	
Typical Values	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

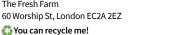
2) Nuts 11) Soya 13) Cereals containing gluten

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!

