



Sweet and Sticky Chicken with Sugar Snaps and Basmati Rice

Super Quick 10-15 Minutes • Mild Spice

7



Basmati Rice



Diced Chicken Breast



Sugar Snap Peas



Cornflour



Ketjap Manis



Rice Vinegar



Soy Sauce



Chilli Flakes

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

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, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Sugar Snap Peas**	150g	230g	300g
Cornflour	10g	20g	20g
Ketjap Manis 11)	25g	37g	50g
Rice Vinegar	15ml	22ml	30ml
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	1½ pinches	2 pinches

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	2220 /531	547 /131
Fat (g)	3.1	0.8
Sat. Fat (g)	0.8	0.2
Carbohydrate (g)	82.7	20.4
Sugars (g)	15.9	3.9
Protein (g)	41.5	10.2
Salt (g)	2.98	0.73

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

Allergens

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 Rice

- Boil a half-full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once the **rice** is cooked, drain, pop back in the pan and cover.



Sauce Time

- Meanwhile, in a jug, combine the **cornflour** and **ketjap manis** to form a **paste**.
- Next, add the **rice vinegar**, **soy**, **sugar**, **tomato ketchup** and **water for the sauce** (see pantry for all three amounts).
- Once the **chicken** has finished cooking, stir through the **sauce**.
- Cook, stirring, 1 min. Add a splash of **water** if needed.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **sugar snaps**, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **chicken**.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder) to finish.

Enjoy!