



Quick Ginger Chicken Stew with Jasmine Rice and Spinach

Super Quick 15 Minutes

7



Diced Chicken Breast



Lime



Jasmine Rice



Tomato Puree



Ginger Puree



Coconut Milk



Soy Sauce



Chicken Stock Paste



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Breast**	260g	390g	520g
Lime**	1	1	2
Jasmine Rice	150g	225g	300g
Tomato Puree	30g	60g	60g
Ginger Puree	15g	22g	30g
Coconut Milk	200ml	400ml	400ml
Soy Sauce 11 13	15ml	25ml	30ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2866 /685	712 /170
Fat (g)	24.7	6.1
Sat. Fat (g)	20.2	5.0
Carbohydrate (g)	72.5	18.0
Sugars (g)	6.4	1.6
Protein (g)	42.7	10.6
Salt (g)	3.32	0.83

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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1



Get Frying

- Boil a half-full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and season with **salt** and **pepper**. Cook, 5-6 mins.
IMPORTANT: Wash hands and utensils after handling raw meat.

3



Sauce Time

- Add the **tomato puree** to the **chicken**. Cook, 30 secs.
- Stir in the **ginger puree**, **coconut milk**, **soy**, **chicken stock paste** and **sugar** (see pantry). Simmer, 3-4 mins. **IMPORTANT:** Cook the chicken so there's no pink in the middle.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Add a good squeeze of **lime juice**. Remove from the heat.

2



Rice On

- Meanwhile, pour the **boiled water** into a saucepan with ¼ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover.
- In the meantime, quarter the **lime**.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **chicken stew**.
- Serve with any remaining **lime quarters**.

Enjoy!