



# Szechuan Chicken Stir-Fry

with Mushrooms, Mangetout and Rice

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

7



Jasmine Rice



Diced Chicken Thigh



Sliced Mushrooms



Mangetout



Lime



Szechuan Paste



Soy Sauce



Ketjap Manis



Roasted White Sesame Seeds



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. 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	150g	150g
Lime**	1	1.5	2
Szechuan Paste <b>11)</b>	¾ sachet	1 sachet	1½ sachets
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Ketjap Manis <b>11)</b>	25g	37g	50g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
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	399g	100g	399g	100g
Energy (kJ/kcal)	2587 / 618	648 / 155	2326 / 556	582 / 139
Fat (g)	14.6	3.7	4.5	1.1
Sat. Fat (g)	4.1	1.0	1.1	0.3
Carbohydrate (g)	87.4	21.9	87.2	21.8
Sugars (g)	20.2	5.1	20.2	5.1
Protein (g)	38.7	9.7	41.5	10.4
Salt (g)	3.54	0.89	3.47	0.87

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

## 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, cereals containing 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.

HIGH 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** (add less if you'd prefer things milder), **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.
- Add a splash of **water** if needed.



## Sizzle Time

- Once the frying pan is 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 **sesame seeds**.
- Serve with the **lime wedges** for squeezing over.

Enjoy!