












Indonesian Style Ginger Chicken Stew

with Jasmine Rice and Green Beans

7

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



-  Green Beans
-  Diced Chicken Breast
-  Jasmine Rice
-  Lime
-  Tomato Puree
-  Ginger Puree
-  Indonesian Style Spice Mix
-  Coconut Milk
-  Chicken Stock Paste

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. Ingredients in **red** are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Jasmine Rice	150g	225g	300g
Lime**	1	1	2
Tomato Puree	30g	60g	60g
Ginger Puree	15g	22g	30g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	2897 / 692	698 / 167
Fat (g)	25.1	6.0
Sat. Fat (g)	20.3	4.9
Carbohydrate (g)	74.3	17.9
Sugars (g)	7.4	1.8
Protein (g)	42.1	10.1
Salt (g)	1.88	0.45

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

Allergens

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. Be careful when adding water to hot pans while cooking.

Contact

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Get Frying

- Boil a half-full kettle.
- While it boils, trim the **green beans**, then cut into thirds.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **green beans**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.



Rice On

- Meanwhile, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- While the **rice** cooks, quarter the **lime**.



Sauce Time

- Stir the **tomato puree**, **ginger puree**, **Indonesian style spice**, **coconut milk**, **chicken stock paste** and **sugar** (see pantry) into the frying pan.
- Lower the heat and simmer, 3-4 mins. **IMPORTANT:** Cook the chicken so there's no pink in the middle.
- Add a good squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed. Remove from the heat.



Dinner's Ready!

- Once the **rice** is cooked, drain. Share out between your bowls.
- Spoon over the **chicken stew**.
- Serve with any remaining **lime quarters** for squeezing over.

Enjoy!