



Chicken Fried Rice with Mushrooms and Mangetout

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

12



Basmati Rice



Diced Chicken Thigh



Sliced Mushrooms



Garlic Clove



Lime



Indonesian Style Spice Mix



Ginger Puree



Mangetout



Soy Sauce



Sambal Paste



Ketjap Manis



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Honey

CUSTOM RECIPE

If you chose to add or double up on 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, saucepan, sieve, frying pan and garlic press.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|----------|----------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 240g | 390g | 520g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Garlic Clove** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |
| Indonesian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Ginger Puree | 15g | 22g | 30g |
| Mangetout** | 80g | 150g | 150g |
| Soy Sauce (11) (13) | 15ml | 25ml | 30ml |
| Sambal Paste | 15g | 22g | 30g |
| Ketjap Manis (11) | 25g | 37g | 50g |
| Bacon Lardons** | 90g | 120g | 180g |
| Pantry | 2P | 3P | 4P |
| 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 | 373g | 100g | 418g | 100g |
| Energy (kJ/kcal) | 2512 /600 | 673 /161 | 2999 /717 | 718 /171 |
| Fat (g) | 14.6 | 3.9 | 23.7 | 5.7 |
| Sat. Fat (g) | 4.0 | 1.1 | 6.9 | 1.6 |
| Carbohydrate (g) | 82.4 | 22.1 | 83.3 | 19.9 |
| Sugars (g) | 16.8 | 4.5 | 16.8 | 4.0 |
| Protein (g) | 39.0 | 10.5 | 46.7 | 11.2 |
| Salt (g) | 3.13 | 0.84 | 4.36 | 1.04 |


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, 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. **HIGH PROTEIN** - Protein contributes to the maintenance of muscle mass.

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam.



Bring on the Flavour

- Once the **chicken** has browned, add the **Indonesian style spice mix**, **ginger puree** and **garlic** to the pan.
- Cook, stirring frequently, until fragrant, 2 mins.



Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **sliced mushrooms**. Season with **salt** and **pepper**.
- Stir-fry until golden brown all over, 7-8 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

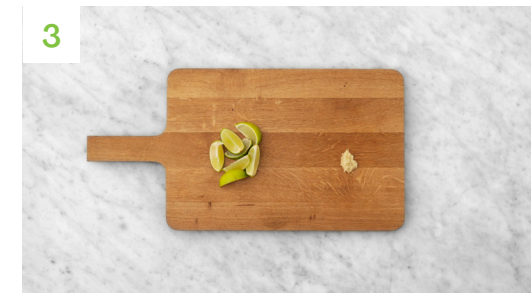
CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **chicken** and **mushrooms**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash your hands and utensils after handling raw meat. Cook it thoroughly.



Combine and Stir

- Lower the heat to medium, then add the **mangetout**, **soy**, **sambal paste** (add less if you'd prefer things milder), **ketjap manis** and **honey** (see pantry for amount). Stir to combine.
- Stir through the **cooked rice** and cook until piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a good squeeze of **lime juice** from a **lime wedge**, then remove the pan from the heat. Taste and season with **salt**, **pepper** or more **lime juice** if needed.



Prep Time

- Peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount).



Finish and Serve

- Share the **chicken fried rice** between your bowls.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!