



Fragrant Sambal Chicken and Veg Stir-Fry with Jasmine Rice

24

Calorie Smart 20-25 Minutes • **Very Hot** • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Green Beans



Diced British Chicken Breast



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Sambal Paste



Coleslaw Mix



Indonesian Style Spice Mix



King Prawns

Pantry Items
Oil, Salt, Pepper, Honey

Make it Pescatarian

If you chose to make this recipe pescatarian, 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, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	200g
Diced British Chicken Breast**	240g	390g	520g
Ginger, Garlic & Lemongrass Puree	22g	37g	44g
Ketjap Manis 11)	50g	75g	100g
Sambal Paste	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
King Prawns* 5)	225g	300g	450g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	75ml	110ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	395g	100g	378g	100g
Energy (kJ/kcal)	2409/576	610/146	2012/481	533/127
Fat (g)	4.7	1.2	3.0	0.8
Sat. Fat (g)	1.0	0.3	0.6	0.2
Carbohydrate (g)	92.1	23.3	92.0	24.4
Sugars (g)	26.5	6.7	26.4	7.0
Protein (g)	39.5	10.0	21.4	5.7
Salt (g)	2.54	0.64	3.87	1.02

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

Allergens

5) Crustaceans 11) Soya

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, mollusc, 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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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 and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Frying

- Meanwhile, trim the **green beans**, then cut into thirds.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **green beans**. Season with **salt** and **pepper**.
- Stir-fry until the **beans** are tender and the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**. Stir-fry, 4-5 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



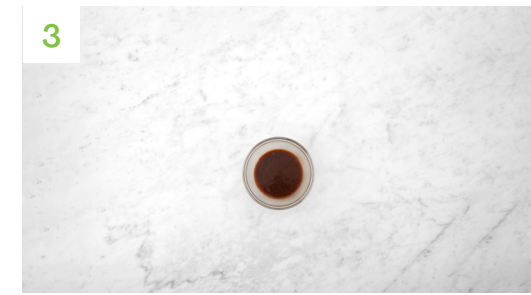
Add the Veg

- Once cooked, add the **coleslaw mix** to the **chicken** pan and sprinkle over the **Indonesian style spice mix**.
- Stir-fry until fragrant and the **veg** has slightly softened, 1 min more.
- Add an extra drizzle of **oil** if needed.



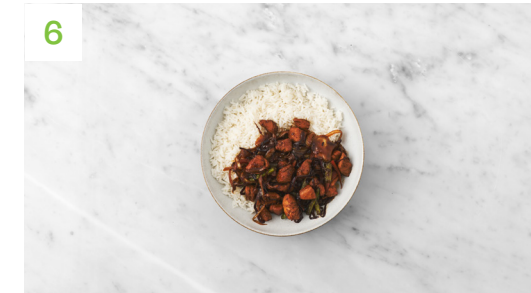
Combine and Stir

- When the **chicken** is cooked and the **veg** is tender, stir the **sauce mixture** into the pan and cook until thickened slightly, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



Mix up the Sauce

- While the **chicken** and **beans** are frying, in a small bowl, combine the **ginger, garlic & lemongrass puree**, **ketjap manis** and **sambal** (add less if you'd prefer things milder).
- Mix in the **honey** and **water for the sauce** (see pantry for both amounts), then set aside.



Finish and Serve

- Fluff up the the **rice** and share between your bowls.
- Top with the **chicken and veg stir-fry**.
- Spoon over any remaining **sauce** from the pan to finish.

Enjoy!