



# Indonesian Inspired Chicken & King Prawn Fried Rice with Peas, Lime and Tenderstem® Broccoli

30

Calorie Smart Luxe 35-40 Minutes • Mild Spice • 1 of your 5 a day



Basmati Rice



British Chicken Breasts



Indonesian Style  
Spice Mix



Lime



Garlic Clove



Tenderstem® Broccoli



King Prawns



Soy Sauce



Ketjap Manis



Honey



Peas



Sweet Chilli Sauce

**Pantry Items**  
Oil, Salt, Pepper



## 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

Saucepan, lid, baking tray, fine grater, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
British Chicken Breasts**	2	3	4
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Lime**	1	1½	2
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
King Prawns** 5)	150g	225g	300g
Soy Sauce 11) 13)	25ml	40ml	50ml
Ketjap Manis 11)	25g	37g	50g
Honey	15g	22g	30g
Peas**	120g	180g	240g
Sweet Chilli Sauce	48g	80g	96g
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2496 /597	399 /95
Fat (g)	5.5	0.9
Sat. Fat (g)	1.5	0.2
Carbohydrate (g)	79.8	12.8
Sugars (g)	28.9	4.6
Protein (g)	61.2	9.8
Salt (g)	4.90	0.78

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

## Allergens

5) Crustaceans 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, 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

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and, **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Time to Fry

Meanwhile, drain the **prawns**.

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 3-4 mins.

Add the **garlic** and fry until fragrant, 1 min more.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



## Roast the Chicken

Meanwhile, add the **chicken breasts** to a medium bowl, drizzle with some **oil** and sprinkle over the **Indonesian style spice mix**.

Season with **salt** and **pepper**, then toss to coat the chicken.

Lay the **chicken** onto one side of a large baking tray and roast on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## All Together Now

Stir the **peas** into the **prawns** and heat until piping hot, 1 min.

Once the **rice** is cooked, fluff it up with a fork, then stir it into the **prawns** and **peas**. Mix in the **soy sauce**, **ketjap** and **honey**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Toss until well combined and fry for 1 min more, then remove from the heat.

Add a good squeeze of **lime juice** and the **lime zest** to the **rice** and toss. Taste and season with more **lime juice**, **salt** and **pepper** if needed.

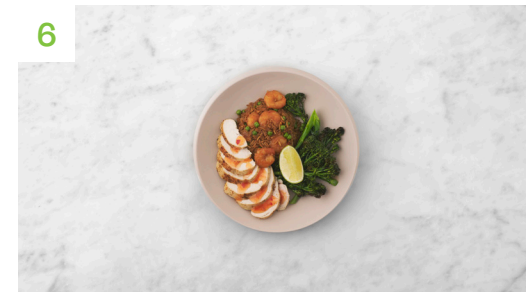


## Add the Broccoli

Meanwhile, zest and cut the **lime** into wedges. Peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways.

When the **chicken** has 12 mins left, pop the **Tenderstem® broccoli** onto the other side of the baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Return to the oven and roast until the **broccoli** is tender and crispy, 10-12 mins.



## Slice and Serve

Once cooked, cut the **chicken** widthways into 2cm thick slices. Transfer the **chicken** to your plates and drizzle over the **sweet chilli sauce**.

Serve the **prawn fried rice** and **broccoli** alongside.

Finish with any remaining **lime wedges** for squeezing over.

## Enjoy!