



# Weeknight Chicken Fried Rice

with Mushrooms and Pak Choi

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

12



Basmati Rice



Diced British Chicken Thigh



Sliced Mushrooms



Pak Choi



Garlic Clove



Lime



Indonesian Style Spice Mix



Ginger Puree



Soy Sauce



Sambal Paste



Ketjap Manis



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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 British Chicken Thigh**	240g	390g	480g
Sliced Mushrooms**	120g	180g	240g
Pak Choi**	1	2	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	22g	30g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Sambal Paste	15g	22g	30g
Ketjap Manis <b>11</b>	25g	37g	50g
Diced British Chicken Breast**	240g	390g	480g

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	398g	100g	398g	100g
Energy (kJ/kcal)	2469 /590	620 /148	2208 /528	555 /133
Fat (g)	14.4	3.6	4.3	1.1
Sat. Fat (g)	4.0	1.0	1.0	0.2
Carbohydrate (g)	79.9	20.1	79.7	20.0
Sugars (g)	16.2	4.1	16.2	4.1
Protein (g)	38.5	9.7	41.4	10.4
Salt (g)	3.18	0.80	3.12	0.78

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, 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.

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**, **garlic** and **pak choi** 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.

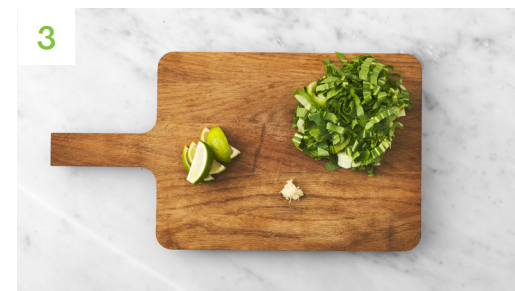
↔ Swap to Chicken Breast

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Combine and Stir

- Lower the heat to medium, then add the **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** and more **lime juice** if needed.



## Prep Time

- Meanwhile, trim the **pak choi**, then thinly slice widthways.
- 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!