



# Thai Style Peanut Chicken Stir-Fry with Green Beans and Rice

12

**Quick** 25 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Green Beans



Garlic Clove



Diced British Chicken Thigh



Yellow Thai Style Paste



Ketjap Manis



Peanut Butter



Diced British Chicken Breast

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### Pantry Items

Oil, Salt, Pepper, Sugar

↔ **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, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	150g	225g	300g
Garlic Clove**	2	3	4
Diced British Chicken Thigh**	240g	390g	480g
Yellow Thai Style Paste	45g	67g	90g
Ketjap Manis <b>1)</b>	25g	37g	50g
Peanut Butter <b>1)</b>	30g	45g	60g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	412g	100g	412g	100g
Energy (kJ/kcal)	2896 / 692	703 / 168	2635 / 630	640 / 153
Fat (g)	24.7	6.0	14.6	3.5
Sat. Fat (g)	5.5	1.3	2.5	0.6
Carbohydrate (g)	78.3	19.0	78.0	18.9
Sugars (g)	12.6	3.1	12.6	3.1
Protein (g)	41.4	10.0	44.3	10.7
Salt (g)	2.15	0.52	2.08	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 1) Peanut **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.

<sup>†</sup>Limited-time offer for new subscribers redeeming on eligible devices. Plan auto-renews at £10.99/mo until cancelled. Terms apply. Lossless audio available up to 24-bit/192 kHz.

## Contact

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## Start 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 12-13 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.



## Flavour Time

- Next, stir the **garlic** and **yellow Thai style paste** into the **chicken** pan. Cook until fragrant, 1 min.



## Prep the Veg

- Meanwhile, trim and halve the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).



## Simmer the Sauce

- Add the **ketjap manis**, **peanut butter**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan with the **chicken**. Stir well to combine.
- Bring to the boil, then simmer until the **sauce** has thickened, 4-6 mins, stirring frequently.
- Taste the **sauce** and season with **salt**, **pepper** and a pinch of **sugar** if needed. Add a splash of **water** if it's a little too thick. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Fry the Chicken and Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **green beans** to the pan.
- Cook until the **chicken** is browned all over and the **beans** have softened, 5-6 mins. Turn occasionally. **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**, prep and cook in the same way.



## Serve

- Share the **rice** between your bowls.
- Spoon over the **Thai style chicken** and spoon over the **peanut sauce** from the pan.

## Enjoy!

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