



# Chicken Fried Rice

with Mushrooms and Green Beans

Classic 20 Minutes • Mild Spice • 1 of your 5 a day

12



Basmati Rice



Diced Chicken Thigh



Sliced Mushrooms



Green Beans



Garlic Clove



Lime



Ginger Puree



Soy Sauce



Sambal Paste



Ketjap Manis



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper,

**CUSTOM RECIPE**

If you chose to swap or upgrade your 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.

## Cooking tools

Kettle, saucepan, sieve, lid, frying pan, garlic press and fine grater.

## Ingredients

| Ingredients                   | 2P   | 3P   | 4P   |
|-------------------------------|------|------|------|
| Basmati Rice                  | 150g | 225g | 300g |
| Diced Chicken Thigh**         | 260g | 390g | 520g |
| Sliced Mushrooms**            | 120g | 180g | 240g |
| Green Beans**                 | 80g  | 150g | 150g |
| Garlic Clove**                | 1    | 2    | 2    |
| Lime**                        | ½    | 1    | 1    |
| Ginger Puree                  | 15g  | 15g  | 30g  |
| Soy Sauce <b>11</b> <b>13</b> | 15ml | 25ml | 30ml |
| Sambal Paste                  | 15g  | 23g  | 30g  |
| Ketjap Manis <b>11</b>        | 25g  | 50g  | 50g  |
| Diced Chicken Breast**        | 260g | 390g | 520g |

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

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 364g          | 100g     | 364g        | 100g     |
| Energy (kJ/kcal)        | 2382 /569     | 655 /156 | 2121 /507   | 583 /139 |
| Fat (g)                 | 14.3          | 3.9      | 4.1         | 1.1      |
| Sat. Fat (g)            | 4.0           | 1.1      | 1.0         | 0.3      |
| Carbohydrate (g)        | 75.4          | 20.7     | 75.1        | 20.6     |
| Sugars (g)              | 10.6          | 2.9      | 10.6        | 2.9      |
| Protein (g)             | 38.1          | 10.5     | 41.0        | 11.3     |
| Salt (g)                | 3.13          | 0.86     | 3.07        | 0.84     |

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, 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.

## Contact

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## Cook the Rice

- Boil a 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.



## Bring on the Flavour

- Once the **chicken** has browned, add the **ginger puree**, **garlic** and **green beans** to the pan.
- Cook, stirring frequently, until fragrant and tender, 4-5 mins.
- Add a splash of **water** to loosen if needed.



## 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, 5-6 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

If you've chosen to get **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 sauce**, **sambal paste** (add less if you'd prefer things milder) and **ketjap manis**. 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.



## Prep Time

- Meanwhile, trim the **green beans** and chop into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** (see ingredients for amount) into wedges.



## Finish and Serve

- Share the **chicken fried rice** between your bowls.
- Serve with a **lime wedge** for squeezing over.

Enjoy!