

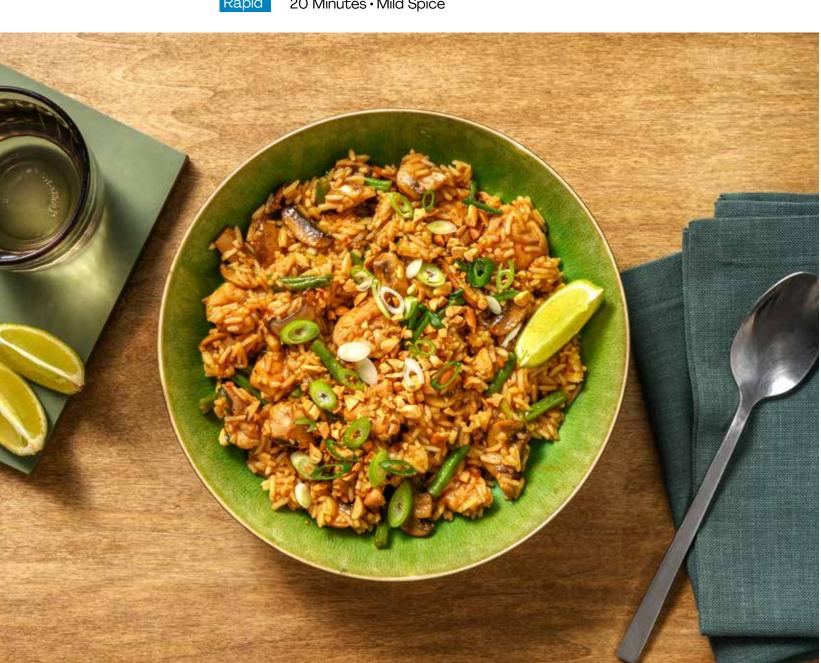
Chicken Fried Rice

with Mushrooms, Green Beans and Peanuts



20 Minutes • Mild Spice









Basmati Rice

Diced Chicken Thigh



Green Beans













Salted Peanuts

Sliced Mushrooms







Sambal

Ginger Puree



Soy Sauce



Ketjap Manis

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan with Lid, Sieve, Frying Pan, Garlic Press and

Ingredients

	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Diced Chicken Thigh**	280g	420g	560g	
Green Beans**	80g	150g	150g	
Spring Onion**	1	2	2	
Garlic Clove**	1	2	2	
Lime**	1/2	1	1	
Salted Peanuts 1)	25g	40g	40g	
Sliced Mushrooms**	120g	180g	240g	
Ginger Puree	1 sachet	1 sachet	2 sachets	
Sambal	15g	22g	30g	
Soy Sauce 11) 13)	25ml	25ml	50ml	
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	400g	100g
Energy (kJ/kcal)	2796 /668	699 /167
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	77	19
Sugars (g)	11	3
Protein (g)	42	10
Salt (g)	3.88	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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Cook the Rice

- a) Bring a large saucepan of water to the boil with 1/4 tsp salt for the rice.
- **b)** When boiling, add the **rice** and cook for 12 mins.
- c) Drain in a sieve and pop back into the pan. Cover with a lid and leave to the side.



Brown the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on high heat.
- b) When hot, add the diced chicken thigh, season with salt and pepper and stir-fry until browned, 6-7 mins. TIP: Cook in batches if necessary you want it to brown, not stew. **IMPORTANT**: Wash your hands after handling raw chicken and its packaging.



Prep Time

- a) Meanwhile, trim and chop the green beans into 1cm pieces. Trim and thinly slice the **spring onion**.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Zest the lime and chop into wedges.
- d) Roughly chop the peanuts.



Bring On the Flavour

- a) Once the chicken has browned, add the sliced **mushrooms** to the pan and stir-fry until golden brown, 3-4 mins.
- b) Add the ginger puree, sambal, garlic, green beans and half the spring onion to the pan and cook for 2 mins more, stirring frequently. TIP: Add less sambal if you don't like too much heat.
- c) Lower the heat to medium.



Add the Rice

a) Once everything is cooked, stir the cooked rice into the pan and heat until piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

- a) Remove the pan from the heat and stir in the soy sauce, ketjap manis, lime zest and a squeeze of lime juice.
- b) Share between your bowls and finish with a sprinkle of **peanuts** and the remaining spring onions.
- c) Serve with a lime wedge for squeezing over.

Enjoy!



Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.