



Chicken Fried Rice

with Mushrooms and Sugar Snap Peas

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

12



Basmati Rice



Diced Chicken Thigh



Sugar Snap Peas



Garlic Clove



Lime



Sliced Mushrooms



Ginger Puree



Sambal



Soy Sauce



Ketjap Manis



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	1	1
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	1 sachet	1 sachet	2 sachets
Sambal	1 sachet	1½ sachets	2 sachets
Soy Sauce (11) (13)	15ml	25ml	30ml
Ketjap Manis (11)	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	374g	100g
Energy (kJ/kcal)	2455/587	657/157
Fat (g)	15.1	4.0
Sat. Fat (g)	3.8	1.0
Carbohydrate (g)	75.5	20.2
Sugars (g)	10.9	2.9
Protein (g)	38.5	10.3
Salt (g)	3.01	0.81
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	374g	100g
Energy (kJ/kcal)	2139/511	572/137
Fat (g)	4.2	1.1
Sat. Fat (g)	1.0	0.3
Carbohydrate (g)	75.5	20.2
Sugars (g)	10.9	2.9
Protein (g)	44.0	11.8
Salt (g)	3.01	0.81

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.

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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 **sliced mushrooms** to the pan and stir-fry until golden brown, 3-4 mins.
- Add the **ginger puree**, **sambal** (add less if you'd prefer things milder), **garlic** and **sugar snaps** to the pan and cook for 2 mins more, stirring frequently.



Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**.
- Stir-fry until browned, 6-7 mins. **TIP:** Cook in batches if necessary - you want it to brown, not stew. **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

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



Prep Time

- Meanwhile, chop the **sugar snaps** into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and chop into wedges.



Finish and Serve

- Remove the pan from the heat and stir in the **soy sauce**, **ketjap manis**, **lime zest** and a squeeze of **lime juice**.
- Share the **chicken fried rice** between your bowls.
- Serve with a **lime wedge** for squeezing over.

Enjoy!