



Chicken Fried Rice

with Mushrooms and Green Beans

24

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Diced Chicken Thigh



Green Beans



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 and fine grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	1	1
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	15g	15g	30g
Sambal	15g	22½g	30g
Soy Sauce 11 13	15ml	25ml	30ml
Ketjap Manis 11	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	361g	100g	361g	100g
Energy (kJ/kcal)	2372/567	656/157	2111/504	584/140
Fat (g)	14.2	3.9	4.1	1.14
Sat. Fat (g)	3.6	1	1.0	0.28
Carbohydrate (g)	74.7	20.7	74.7	20.7
Sugars (g)	10.6	2.9	10.6	2.9
Protein (g)	37.9	10.5	40.8	11.3
Salt (g)	3.55	0.98	3.48	0.96

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 **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 **green beans** to the pan.
- Cook, stirring frequently, for 2 mins more.



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's 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, trim the **green beans** and chop into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and cut 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!

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