# HELLO FRESH

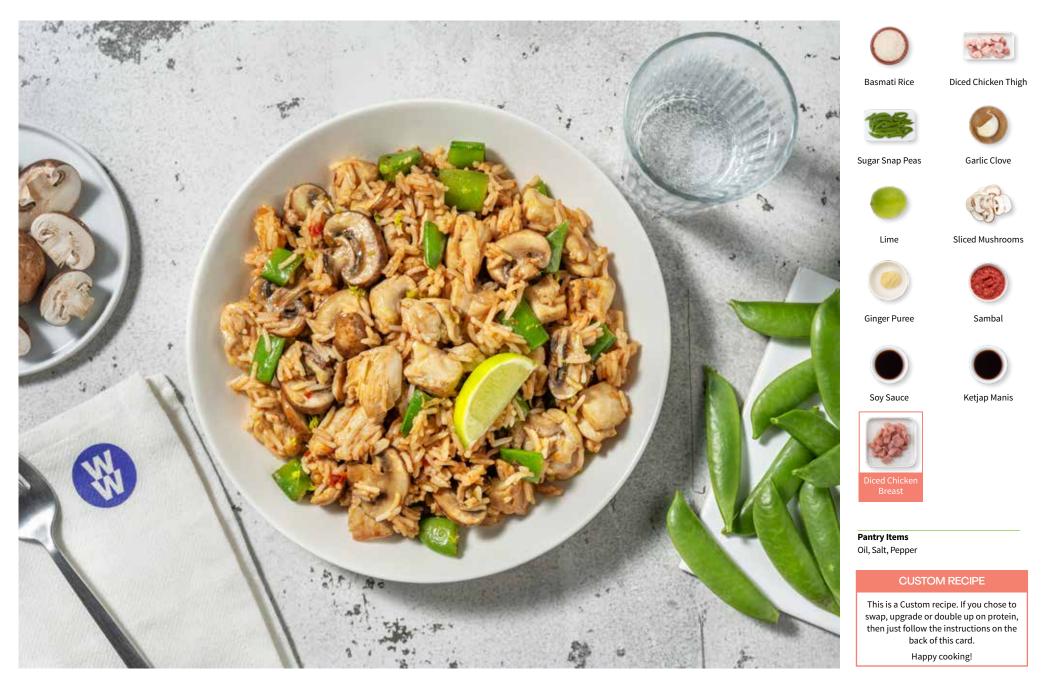## Chicken Fried Rice
### with Mushrooms and Sugar Snap Peas

**24**

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



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

## Ingredients

| Ingredients | 2P | 3P | 4P |
|---|---|---|---|
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 260g | 390g | 520g |
| Sugar Snap Peas** | 80g | 150g | 150g |
| Garlic Clove** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Ginger Puree | 15g | 15g | 30g |
| Sambal | 15g | 22g | 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 | Per serving | Per 100g |
|---|---|---|
| for uncooked ingredient | 361g | 100g |
| Energy (kJ/kcal) | 2375 /568 | 657 /157 |
| Fat (g) | 14.1 | 3.9 |
| Sat. Fat (g) | 3.6 | 1.0 |
| Carbohydrate (g) | 75.1 | 20.8 |
| Sugars (g) | 10.9 | 3.0 |
| Protein (g) | 38.5 | 10.6 |
| Salt (g) | 3.55 | 0.98 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 361g | 100g |
| Energy (kJ/kcal) | 2114 /505 | 585 /140 |
| Fat (g) | 4.0 | 1.1 |
| Sat. Fat (g) | 1.0 | 0.3 |
| Carbohydrate (g) | 75.1 | 20.8 |
| Sugars (g) | 10.9 | 3.0 |
| Protein (g) | 41.3 | 11.4 |
| Salt (g) | 3.48 | 0.96 |

*Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).*
**PersonalPoints™ values based on low-cal cooking spray oil.**

## 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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

### 1


## Cook the Rice

**a)** Boil a full kettle.

**b)** Pour the **boiled water** into a large saucepan with ¼ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

**c)** Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side.

### 2


## Brown the Chicken

**a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

**b)** Once hot, add the **chicken** and season with **salt** and **pepper**.

**c)** 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.

### 3


## Prep Time

**a)** Meanwhile, cut the **sugar snaps** into 1cm pieces.

**b)** Peel and grate the **garlic** (or use a garlic press).

**c)** Zest the **lime** and cut into wedges.

### 4


## 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** (add less if you'd prefer things milder), **garlic** and **sugar snaps** to the pan.

**c)** Cook, stirring frequently, for 2 mins more.

### 5


## Combine and Stir

**a)** Once everything's cooked, lower the heat to medium and stir the **cooked rice** into the pan.

**b)** Heat until piping hot, 1-2 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

### 6


## 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 the **chicken fried rice** between your bowls.

**c)** Serve with a **lime wedge** for squeezing over.

## Enjoy!

Scan to get your exact PersonalPoints™ value

WW | 18

Points based on **chicken thigh** recipe, if you have swapped to **chicken breast** your PersonalPoints™ value is **12-14**.