







More Than Food
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Chicken Fried Rice with Mushrooms, Chilli, Peanuts and Soy

You know us at the Fresh Farm, we're not into fancy things, we just love wonderful home cooking. So, André's kept it simple with this chicken fried rice. It's simple to make and simply delicious to eat. Enjoy!



30 mins



lactose free



spicy



Basmati Rice (175g)



Cinnamon Stick (1)



Water (350ml)



Chicken Thigh (4)



Closed Cup Mushrooms (1 punnet)



Ginger (2 tbsp)



Garlic Clove (1)



Red Chilli (1/2)



Spring Onion (3)



Coriander (1 bunch)



Salted Peanuts (25g)




Soy Sauce (1 1/2 tbsp)

2 PEOPLE INGREDIENTS

- Basmati Rice
- Cinnamon Stick
- Water
- Chicken Thigh
- Closed Cup Mushrooms, sliced
- Ginger, grated

175g
1
350ml
4
1 punnet
2 tbsp

- Garlic Clove, grated **1**
- Red Chilli, sliced **½**
- Spring Onion, sliced **3**
- Coriander, chopped **1 bunch**
- Salted Peanuts **25g**
- Soy Sauce **1½ tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Peanuts are not actually nuts but legumes! This is why some people have a nut allergy and others a peanut allergy.

Allergens: Peanut, Gluten, Soya.

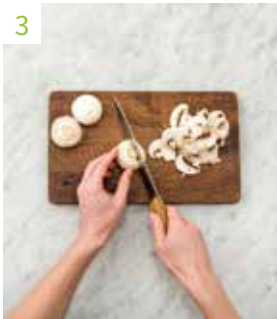
Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	609 kcal / 2556 kJ	22 g	5 g	59 g	4 g	17 g	2 g
Per 100g	127 kcal / 532 kJ	5 g	1 g	12 g	1 g	4 g	0 g

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.



1 Pour the **basmati rice** into a pot with the **cinnamon stick** and a generous pinch of **salt**. Add the **water** (as specified in the ingredient table), bring to the boil on high heat and then pop on the lid. Once the **water** is boiling turn the heat down to low and cook for 10 mins. After 10 mins, remove the pot from the heat and leave for another 10 mins with the lid on.



2 As your **rice** cooks, get on with the rest of your prep. Cut the **chicken** into strips 1cm wide.

3 Make sure you wash your hands, knife and board and then get on with the veggies. Cut the **mushrooms** into slices ½cm thick.



4 Peel and grate the **ginger** and **garlic** (or use a garlic press if you have one) and then cut the **chilli** into very thin slices. **Tip:** *If you want to reduce the heat of the chilli, cut it in half lengthways, scoop out the seeds with a teaspoon then slice in the same way. The seeds contain a lot of the heat!*

5 Remove the root from the **spring onion** and slice as thinly as you can. Roughly chop the **coriander** leaves. Pop the **peanuts** into a food bag and crush with a rolling pin.



6 Heat a wide frying pan over high heat and add a glug of **oil**. When the **oil** is hot add your **chicken** to the pan and cook for 5-7 mins, before turning and cooking for 5 more mins. The **chicken** should be golden-brown on the outside and no longer pink in the middle. Transfer your **chicken** to a bowl once it's cooked and keep to one side. **Tip:** *Do this in batches if your pan isn't quite big enough. You want your chicken to fry not stew!*

7 Wipe out your frying pan with some kitchen paper and add another splash of **oil**. Keep the heat on high and fry your **mushrooms** for 5 mins or until golden-brown. Stir in your **ginger**, **garlic** and **chilli** and cook for another minute. **Tip:** *Use less or more chilli depending on how spicy you like things!*

8 Next, put your cooked **chicken** and any **juices** back into the pan and reheat until your **chicken** is piping hot. Pour in half of the **soy sauce** and then add your **rice**. Mix well and check the seasoning. Add more **soy sauce** if needed.

9 Serve your **fried rice** immediately and finish with a sprinkle of your **spring onion**, **coriander** and crushed **peanuts**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!