



# Chinese Style Bacon and Mushroom Fried Rice with Peas and Peanuts

13

Rapid 20 Minutes • 1 of your 5 a day



- Garlic Clove
- Spring Onion
- Salted Peanuts
- Jasmine Rice
- Bacon Lardons
- Sliced Mushrooms
- Ginger Puree
- Peas
- Hoisin Sauce
- Ketjap Manis
- Soy Sauce

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, rolling pin, saucepan, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
Salted Peanuts <b>1)</b>	25g	40g	40g
Jasmine Rice	150g	225g	300g
Bacon Lardons**	120g	180g	240g
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	15g	22g	30g
Peas**	120g	180g	240g
Hoisin Sauce <b>11)</b>	32g	64g	64g
Ketjap Manis <b>11)</b>	25g	38g	50g
Soy Sauce <b>11) 13)</b>	15ml	25ml	25ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>337g</b>	<b>100g</b>
Energy (kJ/kcal)	2662 /636	789 /189
Fat (g)	20.2	6.0
Sat. Fat (g)	5.3	1.6
Carbohydrate (g)	87.9	26.1
Sugars (g)	18.4	5.4
Protein (g)	25.9	7.7
Salt (g)	5.70	1.69

*Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).*

## Allergens

**1)** Peanut **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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## Get Prepped

- Boil a full kettle.
- While you're waiting, peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.
- Crush the **peanuts** in the unopened sachet using a rolling pin.



## Add the Garlic and Ginger

- Once the **bacon** is golden and cooked through, add the **garlic** and **ginger puree**.
- Stir-fry until fragrant, 1 min.



## Cook the Rice

- Pour the **boiled water** from your kettle into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve.



## Combine and Stir

- Once the **rice** is cooked, stir it into the **bacon** pan along with the **peas**, **hoisin sauce**, **ketjap manis** and **soy sauce**.
- Mix well and stir-fry until piping hot, 1-2 mins.
- Add a splash of **water** if you feel it needs it. Taste and season with **salt** and **pepper** if needed.



## Time to Fry

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **bacon lardons**, **sliced mushrooms** and **half the spring onion**.
- Stir-fry until golden, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



## Serve

- Share the **bacon fried rice** between your bowls.
- Sprinkle over the **peanuts** and remaining **spring onion** to finish.

## Enjoy!