



Chinese Style Bacon and Mushroom Fried Rice with Peas and Peanuts

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

14



Garlic Clove



Spring Onion



Salted Peanuts



Jasmine Rice



Bacon Lardons



Sliced Mushrooms



Ginger Puree



Peas



Hoisin Sauce



Ketjap Manis



Sambal



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, 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 1)	25g	40g	40g
Jasmine Rice	150g	225g	300g
Bacon Lardons**	120g	180g	240g
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	15g	23g	30g
Peas**	120g	180g	240g
Hoisin Sauce 11)	32g	64g	64g
Ketjap Manis 11)	25g	38g	50g
Sambal	15g	23g	30g
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	336g	100g	466g	100g
Energy (kJ/kcal)	2694/644	802/192	3341/798	717/171
Fat (g)	21.1	6.3	23.4	5.0
Sat. Fat (g)	5.4	1.6	6.1	1.3
Carbohydrate (g)	88.7	26.4	88.8	19.1
Sugars (g)	19.2	5.7	19.4	4.2
Protein (g)	25.1	7.5	56.5	12.1
Salt (g)	4.01	1.19	4.21	0.90

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

Allergens

1) Peanut **11)** Soya

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.
- 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.



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.



Fry the Bacon and Veg

- 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.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan along with the **bacon** and **mushrooms**. Stir fry until golden, 5-6 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



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.



Combine and Stir

- Once the **rice** is cooked, stir it into the **bacon** pan along with the **peas**, **hoisin sauce**, **ketjap manis** and **sambal** (add less if you'd prefer things milder).
- Mix well and stir-fry until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Finish and Serve

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

Enjoy!