



Chicken Fried Rice

with Mushrooms, Green Beans and Peanuts

16

Rapid Eat Me Early • 20 Minutes • 2 of your 5 a day • Mild Spice



Basmati Rice



Diced Chicken Thigh



Green Beans



Garlic Clove



Lime



Salted Peanuts



Sliced Mushrooms



Ginger Puree



Sambal



Soy Sauce



Ketjap Manis



Diced Chicken Breast

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 veggies 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 zester.

Ingredients

| | 2P | 3P | 4P |
|------------------------|----------|-----------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Green Beans** | 80g | 80g | 150g |
| Garlic Clove** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |
| Salted Peanuts 1) | 25g | 40g | 40g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Ginger Puree | 1 sachet | 1 sachet | 2 sachets |
| Sambal | 15g | 22g | 30g |
| Soy Sauce 11) 13) | 25ml | 25ml | 50ml |
| Ketjap Manis 11) | 1 sachet | 2 sachets | 2 sachets |
| Diced Chicken Breast** | 280g | 420g | 560g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 392g | 100g |
| Energy (kJ/kcal) | 2783/665 | 709/170 |
| Fat (g) | 21.8 | 5.6 |
| Sat. Fat (g) | 5.0 | 1.3 |
| Carbohydrate (g) | 76.0 | 19.4 |
| Sugars (g) | 10.9 | 2.8 |
| Protein (g) | 41.7 | 10.6 |
| Salt (g) | 4.11 | 1.05 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 392g | 100g |
| Energy (kJ/kcal) | 2467/590 | 629/150 |
| Fat (g) | 10.9 | 2.8 |
| Sat. Fat (g) | 2.2 | 0.6 |
| Carbohydrate (g) | 76.0 | 19.4 |
| Sugars (g) | 10.9 | 2.8 |
| Protein (g) | 47.1 | 12.0 |
| Salt (g) | 4.11 | 1.05 |

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- When 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, garlic and green beans** to the pan and cook for 2 mins more, stirring frequently. **TIP: Add less sambal if you don't like too much heat.**



Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
 - When hot, add the **diced chicken thigh** 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.



Add the Rice

- Once everything is cooked, lower the heat to medium and stir the **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 chop into **wedges**.
- Roughly chop the **peanuts**.



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 between your bowls and finish with a sprinkle of **peanuts**.
 - Serve with a **lime wedge** for squeezing over.
- Enjoy!**