



Quick Cajun Fried Rice

with Chicken, Bell Pepper and Soured Cream

Rapid 20 Minutes • Very Hot

12



Bell Pepper



Garlic Clove



Basmati Rice



Diced Chicken Breast



Cajun Spice Mix



Chicken Stock Paste



Sun-Dried Tomato Paste



Spring Onion



Soured Cream



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Honey

CUSTOM RECIPE

If you chose to swap or upgrade your 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, saucepan, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Garlic Clove**	1	1½	2
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Sun-Dried Tomato Paste	25g	38g	50g
Spring Onion**	1	2	2
Soured Cream** 7)	75g	120g	150g
Diced Chicken Breast**	390g	520g	780g

Pantry	2P	3P	4P
Butter*	15g	25g	30g
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	354g	100g	419g	100g
Energy (kJ/kcal)	2653 / 634	749 / 179	2976 / 711	710 / 170
Fat (g)	18.2	5.1	19.4	4.6
Sat. Fat (g)	9.2	2.6	9.5	2.3
Carbohydrate (g)	75.2	21.2	75.3	18.0
Sugars (g)	12.2	3.5	12.3	2.9
Protein (g)	41.1	11.6	56.8	13.6
Salt (g)	1.87	0.53	1.97	0.47

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

Allergens

7) Milk

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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Prep the Veg

- Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



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, then pop it on top of the pan and allow to steam until ready to serve.



Fry the Chicken and Veg

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to increase the size of **diced chicken breast**, cook the recipe in the same way.



Spice Things Up

- Stir the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) into the **chicken** and **pepper**. Fry for 1 min.
- Add the **chicken stock paste**, **sun-dried tomato paste**, **butter** and **water for the sauce** (see pantry for both amounts).
- Stir to combine and simmer until the **sauce** has thickened, 1-2 mins.



Combine and Stir

- Meanwhile, trim and thinly slice the **spring onion**.
- Add the **cooked rice** and **honey** (see pantry for amount) to the **chicken** pan and stir until everything's mixed together and piping hot.



Serve Up

- Share the **Cajun fried rice** between your bowls.
- Top with a dollop of **soured cream** and sprinkle with the **spring onion** to finish.

Enjoy!