



Thai Style Peanut Chicken Stir-Fry with Green Beans and Rice

Quick 25 Minutes • **Mild Spice** • 1 of your 5 a day

16



Jasmine Rice



Green Beans



Garlic Clove



Diced Chicken Thigh



Yellow Thai Style Paste



Ketjap Manis



Peanut Butter



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	150g	225g	300g
Garlic Clove**	2	3	4
Diced Chicken Thigh**	260g	390g	520g
Yellow Thai Style Paste	45g	67g	90g
Ketjap Manis 11)	25g	37g	50g
Peanut Butter 1)	30g	45g	60g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	562g	100g	562g	100g
Energy (kJ/kcal)	2896 /692	515 /123	2635 /630	469 /112
Fat (g)	24.7	4.4	14.6	2.6
Sat. Fat (g)	5.5	1.0	2.5	0.5
Carbohydrate (g)	78.3	13.9	78.0	13.9
Sugars (g)	12.6	2.2	12.6	2.2
Protein (g)	41.4	7.4	44.3	7.9
Salt (g)	2.15	0.38	2.08	0.37

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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Start the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Flavour Time

Next, stir the **garlic** and **yellow Thai style paste** into the **chicken** pan.

Cook until fragrant, 1 min.



Prep the Beans

Meanwhile, trim and halve the **green beans**.

Peel and grate the **garlic** (or use a garlic press).



Simmer the Sauce

While the **chicken** cooks, add the **sugar** and **water for the sauce** (see pantry for both amounts), **ketjap manis** and **peanut butter** into the pan. Stir well to combine.

Bring to the boil, then simmer until the **sauce** has thickened, 4-6 mins, stirring frequently.

Taste the **sauce** and season with **salt**, **pepper** and a pinch of **sugar** if needed. Add a splash of **water** if it's a little too thick. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Fry the Chicken and Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and **green beans** to the pan and season with **salt** and **pepper**.

Cook until the **chicken** is browned all over and the **beans** have softened, 5-6 mins. Turn occasionally. **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.



Serve

Divide the **rice** between your bowls.

Spoon over the **Thai style chicken** and drizzle over the **peanut sauce**.

Enjoy!