



Szechuan Chicken Stir-Fry with Mushrooms, Mangetout and Rice

Super Quick 15 Minutes • Medium Spice • 1 of your 5 a day

7



Jasmine Rice



Diced Chicken Thigh



Sliced Mushrooms



Mangetout



Lime



Szechuan Paste



Soy Sauce



Ketjap Manis



Roasted White Sesame Seeds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, 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. Ingredients in **red** are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	240g	390g	520g
Sliced Mushrooms**	80g	120g	180g
Mangetout**	80g	150g	150g
Lime**	1	1½	2
Szechuan Paste 11)	¾ sachet	1 sachet	1½ sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Ketjap Manis 11)	25g	37g	50g
Roasted White Sesame Seeds 3)	5g	7g	10g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	399g	100g	399g	100g
Energy (kJ/kcal)	2587 / 618	648 / 155	2326 / 556	582 / 139
Fat (g)	14.6	3.7	4.5	1.1
Sat. Fat (g)	4.1	1.0	1.1	0.3
Carbohydrate (g)	87.4	21.9	87.2	21.8
Sugars (g)	20.2	5.1	20.2	5.1
Protein (g)	38.7	9.7	41.5	10.4
Salt (g)	3.54	0.89	3.47	0.87

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


Allergens

3) Sesame **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, cereals containing 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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1



Boil Rice

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat. Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

2



Sizzle Time

- Once hot, fry the **chicken, mushrooms** and **mangetout**, 5-6 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Season with **salt** and **pepper**.
- Meanwhile, cut the **lime** into wedges.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

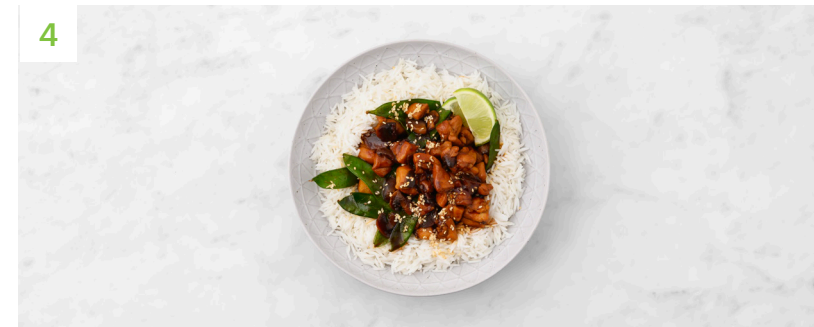
3



Simmer Sauce

- Next, add the **Szechuan paste** (see ingredients for amount, add less if you'd prefer things milder), **soy, ketjap, honey** and **water** (see pantry for both).
- Bring to the boil, then simmer, 3-4 mins.
- Squeeze in **half the lime juice**. Add a splash of **water** if needed.

4



Dinner's Ready!

- Divide the **rice** and **stir-fry** between your bowls.
- Sprinkle over the **sesame seeds**.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!