HELLO FRESH

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

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

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

Stacey ♡

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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**	240g	390g	520g
Yellow Thai Style Paste	45g	67g	90g
Ketjap Manis 11)	25g	37g	50g
Peanut Butter 1)	30g	45g	60g
Diced Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
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	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	412g	100g	412g	100g
Energy (kJ/kcal)	2896 /692	703 /168	2635 /630	640 /153
Fat (g)	24.7	6.0	14.6	3.5
Sat. Fat (g)	5.5	1.3	2.5	0.6
Carbohydrate (g)	78.3	19.0	78.0	18.9
Sugars (g)	12.6	3.1	12.6	3.1
Protein (g)	41.4	10.0	44.3	10.7
Salt (g)	2.15	0.52	2.08	0.51

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, 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.

Contact

Let us know what you think!
Share your creations with **#HelloFreshSnaps**
Head to hellofresh.co.uk or use our app to rate this recipe
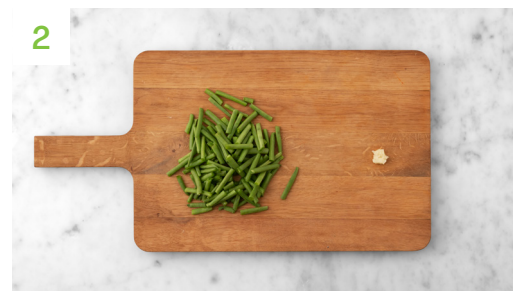♻ **You can recycle me!**

1

Start the Rice

a) Boil a half-full kettle..

b) Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

2

Prep the Beans

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

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

3

Fry the Chicken and Veg

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

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

c) 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 **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

4

Flavour Time

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

b) Cook until fragrant, 1 min.

5

Simmer the Sauce

a) 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.

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

c) 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.*
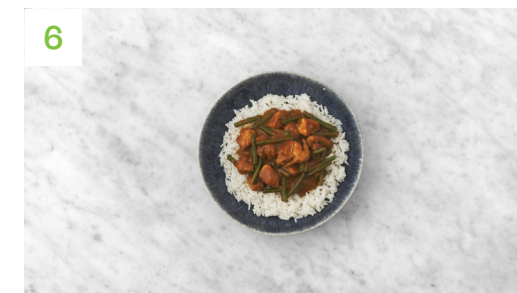
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Serve

a) Divide the **rice** between your bowls.

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

Enjoy!