



# Chicken Fried Rice with Mushrooms and Peanuts

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

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Basmati Rice



Diced Chicken Thigh



Sugar Snap Peas



Spring Onion



Garlic



Lime



Closed Cup Mushrooms



Salted Peanuts



Ginger Puree



Sriracha



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.

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Saucepan, Sieve or Colander, Frying Pan, Zester.

## Ingredients

|                             | 2P       | 3P        | 4P        |
|-----------------------------|----------|-----------|-----------|
| Basmati Rice                | 150g     | 225g      | 300g      |
| Diced Chicken Thigh**       | 280g     | 420g      | 560g      |
| Sugar Snap Peas**           | 80g      | 150g      | 150g      |
| Spring Onion**              | 1        | 2         | 2         |
| Garlic Clove                | 1        | 2         | 2         |
| Lime**                      | ½        | 1         | 1         |
| Closed Cup Mushrooms**      | 150g     | 225g      | 300g      |
| Salted Peanuts <b>1)</b>    | 25g      | 40g       | 40g       |
| Ginger Puree                | 1 sachet | 1 sachet  | 2 sachets |
| Sriracha                    | 1 sachet | 1 sachet  | 2 sachets |
| Soy Sauce <b>11) 13)</b>    | 1 sachet | 1 sachet  | 2 sachets |
| Ketjap Manis <b>11) 13)</b> | 1 sachet | 2 sachets | 2 sachets |

|  |      |      |      |
|--|------|------|------|
|  Diced Chicken Breast** | 280g | 420g | 560g |
|--|------|------|------|

\*Not Included \*\*Store in the Fridge

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>413g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2804/670    | 680/162     |
| Fat (g)                        | 21          | 5           |
| Sat. Fat (g)                   | 5           | 1           |
| Carbohydrate (g)               | 78          | 19          |
| Sugars (g)                     | 13          | 3           |
| Protein (g)                    | 43          | 10          |
| Salt (g)                       | 3.28        | 0.80        |

| Custom Recipe                  | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>413g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2487/594    | 603/144     |
| Fat (g)                        | 10          | 3           |
| Sat. Fat (g)                   | 2           | 1           |
| Carbohydrate (g)               | 78          | 19          |
| Sugars (g)                     | 13          | 3           |
| Protein (g)                    | 48          | 12          |
| Salt (g)                       | 3.28        | 0.79        |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 11) Soya 13) Gluten


Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Packed in the UK  
The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Rice

**a)** Fill and boil your kettle.

**b)** Pour the boiling **water** into a saucepan and bring back to the boil. Stir in the **basmati rice** and ¼ tsp of **salt**. Cook until the **rice** is tender, 10-12 mins.

**c)** Drain into a sieve or colander and keep to one side.



## Brown the Chicken

**a)** Heat a splash of **oil** in a large frying pan over high heat.

**b)** When hot, add the **diced chicken thigh**, season with **salt** and **pepper** and stir-fry until browned, 6-7 mins.

**c) TIP:** Cook in batches if necessary - you want it to brown, not stew. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## CUSTOM RECIPE

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



## Add Some Flavour

**a)** Once the **chicken** is browned, add the **mushrooms** to the pan and stir-fry until golden brown, 3-4 mins.

**b)** Add the **ginger puree, sriracha, garlic, sugar snaps** and **half** the **spring onion** to the pan and cook for 2 mins more, stirring frequently. **TIP:** The **sriracha** is spicy, so just add half if you don't like heat.

**c)** Lower the heat to medium.



## Add the Rice

**a)** Once everything is cooked, stir the cooked **rice** into the pan and heat until piping hot, 1-2 mins.

**b) IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Prep Time

**a)** As the **rice** and **chicken** cook, chop the **sugar snaps** into 1cm pieces.

**b)** Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).

**c)** Zest the **lime** and chop into **wedges**. Thinly slice the **mushrooms**. Roughly chop the **peanuts**.



## Finish

**a)** Remove the pan from the heat and stir in the **soy sauce, ketjap manis** and **lime zest**.

**b)** Share between your bowls and finish with a sprinkle of **peanuts** and the remaining **spring onions**.

**c)** Serve with a wedge of **lime** for squeezing over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.