



# Chicken Fried Rice

with Mushrooms, Sugar Snap Peas and Peanuts

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

16



Basmati Rice



Diced Chicken Thigh



Sugar Snap Peas



Spring Onion



Garlic



Lime



Salted Peanuts



Sliced Mushrooms



Ginger Puree



Sambal



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.

Happy cooking!


## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Sieve, Colander, Frying Pan, Garlic Press and 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	1	2	2
Lime**	½	1	1
Salted Peanuts <b>1)</b>	25g	40g	40g
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	1 sachet	1 sachet	2 sachets
Sambal	1 sachet	1½ sachets	2 sachets
Soy Sauce <b>11) 13)</b>	25ml	25ml	50ml
Ketjap Manis <b>11)</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>400g</b>	<b>100g</b>
Energy (kJ/kcal)	2801/669	701/167
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	78	19
Sugars (g)	12	3
Protein (g)	42	11
Salt (g)	3.89	0.97

Custom Recipe	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>400g</b>	<b>100g</b>
Energy (kJ/kcal)	2485/594	622/149
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	78	19
Sugars (g)	12	3
Protein (g)	48	12
Salt (g)	3.89	0.97

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve and pop back into the pan. Cover with a lid and leave to the side.



## Brown the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

b) When hot, add the **diced chicken thigh**, season with **salt** and **pepper** and stir-fry until browned, 6-7 mins. **TIP:** Cook in batches if necessary - you want it to brown, not stew. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.

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



## Add Some Flavour

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

b) Add the **ginger puree, sambal, garlic, sugar snap peas** and **half the spring onion** to the pan and cook for 2 mins more, stirring frequently. **TIP:** Add less sambal if you don't like too much 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. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Prep Time

a) Meanwhile, chop the **sugar snap peas** into 1cm pieces. Trim and thinly slice the **spring onion**.

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

c) Zest the **lime** and chop into wedges.

d) Roughly chop the **salted peanuts**.



## Finish

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

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.