

Chicken Fried Rice

with Sweetcorn and Sesame Seeds

RAPID 20 Minutes • Little Heat • 1 of your 5 a day







Basmati Rice









Diced Chicken Thigh



Sugar Snaps



Spring Onion







Sweetcorn



Ginger Puree



Sriracha



Soy Sauce

Before you start

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

Basic cooking tools you will need:

Saucepan, Colander, Frying Pan and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Sesame Seeds 3)	1 small pot	¾ large pot	1 large pot	
Diced Chicken Thigh**	280g	420g	560g	
Sugar Snaps**	1 small pack	1 large pack	1 large pack	
Spring Onion**	1	2	2	
Garlic**	1	2	2	
Lime**	1	1½	2	
Sweetcorn	1 small tin	¾ large tin	1 large tin	
Ginger Puree	1 sachet	1 sachet	2 sachets	
Sriracha	1 sachet	1½ sachets	2 sachets	
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredients	407g	100g
Energy (kJ/kcal)	2728 /652	671/160
Fat (g)	20	5
Sat. Fat (g)	5	1
Carbohydrate (g)	76	19
Sugars (g)	10	2
Protein (g)	41	10
Salt (g)	3.19	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

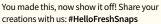
3) Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Rice

- a) Fill and boil your kettle.
- **b)** Pour the boiling **water** into a saucepan and bring back to the boil.
- c) Stir in the basmati rice and a pinch of salt.
- d) Cook until the rice is tender, 10-12 mins.
- **e)** Drain into a sieve or colander and keep to one side.



2. Cook the Chicken

- a) Meanwhile, heat in a large deep frying pan over medium heat (no oil!) and add the **sesame seeds**. Cook, stirring regularly, until golden, 2-3 mins. **TIP:** Watch it like a hawk as it can burn easily.
- **b)** Transfer to a small bowl and set aside. Heat a splash of **oil** in the empty frying pan over high heat.
- c) When hot, add the diced chicken thigh, season with salt and pepper and cook until browned,
 4-5 mins.TIP: Cook in batches if necessary.
 Turn occasionally.



3. Prep Time

- **a)** As the rice and chicken cook, chop the **sugar snaps** into 1cm pieces.
- **b)** Trim the **spring onion** then thinly slice. Peel and grate the **garlic** (or use a garlic press).
- c) Zest the lime and chop into wedges.
- d) Drain the sweetcorn.



4. Add Some Flavour!

- **a)** Once the **chicken** is browned, add the **sesame seeds** and stir-fry until beginning to colour, 2 mins.
- b) Add half the spring onions, ginger puree, sriracha, garlic and sugar snaps 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)** Add the drained **sweetcorn** to the pan and stir-fry until piping hot, another 2 mins.
- d) Lower the heat to medium.



5. Add the Rice

- a) The **chicken** should be cooked through by this stage. If not, cook for a couple of mins more. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- **b)** When the **chicken** is ready, stir the **cooked rice** into the pan and heat until piping hot, 1-2 mins.
- **c)** Make sure you evenly distribute the **chicken**, **sugar snaps** and **sweetcorn**.



6. Finish

- a) Remove the pan from the heat and stir in the soy sauce and lime zest.
- **b)** Share between your bowls and finish with a sprinkle of the remaining **spring onions.**
- c) Serve with a wedge of lime.

Enjoy!

