



Chicken Fried Rice

with Sweetcorn and Sesame Seeds

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

N° 14



Basmati Rice



Sesame Seeds



Diced Chicken Thigh



Sugar Snaps



Spring Onion



Garlic



Lime



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

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



4. Add Some Flavour!

- Once the **chicken** is browned, add the **sesame seeds** and stir-fry until beginning to colour, 2 mins.
- 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.
- Add the drained **sweetcorn** to the pan and stir-fry until piping hot, another 2 mins.
- Lower the heat to medium.



2. Cook the Chicken

- 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.
- Transfer to a small bowl and set aside. Heat a splash of **oil** in the empty frying pan over high heat.
- 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.



5. Add the Rice

- 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.
- When the **chicken** is ready, stir the **cooked rice** into the pan and heat until piping hot, 1-2 mins.
- Make sure you evenly distribute the **chicken**, **sugar snaps** and **sweetcorn**.



3. Prep Time

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



6. Finish

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

Enjoy!