



# Chicken Fried Rice

with Sweetcorn and Peanuts

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

N° 11



Basmati Rice



Diced Chicken Thigh



Sugar Snap Peas



Spring Onion



Garlic



Lime



Sweetcorn



Salted Peanuts



Ginger Purée



Sriracha



Soy Sauce



Ketjap Manis

## Before you start

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

### Basic cooking tools, you will need:

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

### Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Sugar Snap Peas**	1 small pack	1 large pack	1 large pack
Spring Onion**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Sweetcorn	1 small tin	¾ large tin	1 large tin
Salted Peanuts 1)	1 small pack	1 large pack	1 large pack
Ginger Purée	1 sachet	1 sachet	2 sachets
Sriracha	½ sachet	1 sachet	1 sachet
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	3004 / 718	740 / 177
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	87	21
Sugars (g)	17	4
Protein (g)	44	11
Salt (g)	2.36	0.58

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.

### 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 ¼ tsp 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 **ginger purée, 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.**
- Add the drained **sweetcorn** to the pan and stir-fry until piping hot, another 2 mins.
- Lower the heat to medium.



## 2. Brown the Chicken

- Heat a splash of **oil** in the frying pan over high heat.
- 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.**



## 5. Add the Rice

- 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.**



## 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**.
- Roughly chop the **peanuts**



## 6. Finish

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