















Soy and Honey Chicken with Green Beans and Rice

Rapid Eat Me Early • 20 Minutes

15



-  Basmati Rice
-  Diced Chicken Breast
-  Cornflour
-  Echalion Shallot
-  Green Beans
-  Garlic
-  Tomato Puree
-  Chicken Stock Powder
-  Honey
-  Soy Sauce
-  Rainbow Veg Mix

 **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

Cooking tools, you will need:

Large Saucepan, Sieve, Frying Pan with Lid, Large Bowl, Garlic Press

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Cornflour	10g	15g	20g
Echalion Shallot**	1	1	2
Green Beans**	150g	200g	300g
Garlic**	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Honey	3 sachets	4 sachets	6 sachets
Soy Sauce 11 13	1 sachet	1 ½ sachet	2 sachets
 Rainbow Vegetable Mix**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	381g	100g
Energy (kJ/kcal)	2432 / 581	638 / 152
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	90	24
Sugars (g)	24	6
Protein (g)	45	12
Salt (g)	1.66	0.43

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	2591 / 619	539 / 129
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	94	20
Sugars (g)	28	6
Protein (g)	47	10
Salt (g)	1.67	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens


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

 You can recycle me!



Get Prepped

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

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

c) Once cooked, drain in a sieve.



Fry the Chicken

a) Meanwhile, eat a glug of **oil** in a frying pan on medium-high heat.

b) While the pan gets hot, put the **cornflour** in a large bowl and season with **salt** and **pepper**.

c) Add the **chicken pieces** to the bowl and toss to coat completely in the **cornflour**. **IMPORTANT:** Wash your hands after handling raw chicken.

d) Once the **oil** is hot, add the **chicken** to the pan and stir-fry until golden brown, 4-5 mins.



Prep Time

a) While the **chicken** cooks, halve, peel and thinly slice the **shallot**.

b) Trim the **green beans** and chop into **thirds**.

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



CUSTOM RECIPE

a) If you've added **rainbow veg mix** to your meal, once you've finished the prep in the step above, heat a drizzle of oil in a large frying pan on a medium-high heat.

b) Once hot, add the **rainbow veg mix** and stir-fry for 2-3 mins. Then add a splash of **water**, cover with a lid (or some foil) and steam-fry until the **veggies** are tender, 4-5 mins. Continue with the rest of the recipe as instructed.



Simmer

a) Once the **chicken** has browned, add a drizzle of **oil** if you need to, add the **shallot**, cook with the **chicken** until softened, 2-3 mins.

b) Stir in the **garlic** and **tomato puree**, cook for 1 minute. Pour in the **water** (see ingredient list for amount), **chicken stock powder**, **honey** and **soy sauce**.

c) Stir in the **green beans**, bring to a simmer. Cover with a lid or some foil, simmer until the **beans** are cooked and the sauce has thickened, 5-6 mins.



Finish off

a) Once the **chicken** and **beans** are cooked, taste and add **salt** and **pepper** if you feel it needs it.

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

b) Add a splash more **water** if you feel it needs it.



Serve

a) Fluff up the **rice** with a fork.

b) Spoon into bowls and top with the **soy honey chicken**.

Enjoy!



CUSTOM RECIPE

Serve with the **vegetable rainbow mix** on top.