



Soy Lemongrass Chicken and Rice

with Crunchy Veg, Sesame and Coriander

Rapid 20 Minutes • Medium Spice

12



Jasmine Rice



Diced Chicken Breast



Coleslaw Mix



Coriander



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Rice Vinegar



Sambal



Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Coleslaw Mix**	120g	180g	240g
Coriander**	1 bunch	1 bunch	1 bunch
Ginger, Garlic & Lemongrass Puree	22g	37g	44g
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	22ml	37ml	44ml
Sambal	15g	30g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	327g	100g
	2312 kJ/553 kcal	706 kJ/169 kcal
Fat (g)	5.8	1.8
Sat. Fat (g)	1.2	0.4
Carbohydrate (g)	83.8	25.6
Sugars (g)	19.4	5.9
Protein (g)	39	11.9
Salt (g)	2.71	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Mix your Sauce

- In a small bowl, combine the **ginger, garlic & lemongrass puree, ketjap manis, rice vinegar and sambal** (use less if you'd prefer things milder).
- Mix in the **water for the sauce** (see pantry for amount), then set aside.



Fry your Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** to the pan and season with **salt and pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Combine and Stir

- When the **chicken** is cooked, stir the **sauce mixture** into the pan and cook until thickened slightly, 1-2 mins.
- Add a splash of **water** if it's a little too thick.
- Taste and season with **salt and pepper** if needed.



Add the Veg

- Add the **coleslaw mix** to the **chicken**. Cook until slightly softened, 1-2 mins. Add a drizzle of **oil** if needed.
- Meanwhile, roughly chop the **coriander** (stalks and all).



Finish and Serve

- Stir **half** the **coriander** through the **rice** and share between your bowls.
- Top with the **chicken and veg stir-fry**, spooning over any remaining **sauce** from the pan.
- Sprinkle over the **sesame seeds** and remaining **coriander** to finish.

Enjoy!