



# Chicken Fried Rice

with Mushroom, Mangetout and Peanuts

Rapid Eat Me Early 20 Minutes • Little Spice • 1 of your 5 a day

N° 11



Basmati Rice



Diced Chicken Thigh



Mangetout



Spring Onion



Garlic



Lime



Closed Cup Mushrooms



Salted Peanuts



Ginger Puree



Sriracha



Soy Sauce



Ketjap Manis

## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Sieve, Frying Pan, Wooden Spoon, Garlic Press, Zester, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Mangetout**	80g	150g	150g
Spring Onion**	1	2	2
Garlic	1	2	2
Lime**	½	1	1
Closed Cup Mushrooms**	150g	225g	300g
Salted Peanuts <b>1)</b>	25g	40g	40g
Ginger Puree	1 sachet	1 sachet	2 sachets
Sriracha	1 sachet	1 sachet	2 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>413g</b>	<b>100g</b>
Energy (kJ/kcal)	2810/672	681/163
Fat (g)	21	5
Sat. Fat (g)	5	1
Carbohydrate (g)	77	19
Sugars (g)	13	3
Protein (g)	43	10
Salt (g)	3.28	0.80

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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



## 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 and keep to one side.



## Add Some Flavour

- Once the **chicken** is browned, add the **mushrooms** to the pan and stir-fry until golden brown, 3-4 mins.
- Add the **ginger puree, sriracha, garlic, mangetout** 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.
- Lower the heat to medium.



## 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. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## 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.



## Prep Time

- Meanwhile, chop the **mangetout** into 1cm pieces.
- Trim and thinly slice the **spring onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and chop into **wedges**.
- Thinly slice the **mushrooms**.
- Roughly chop the **peanuts**.



## Finish and Serve

- 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.