



DEC
2016

Chicken Fried Rice

with Mushrooms, Bell Pepper and Edamame

Put down the phone, because you won't be calling for take-out tonight. We're sharing our secret to making the best fried rice - crispy shallots!



Chicken Tenders



White Mushrooms



Ginger



Garlic



Red Bell Pepper



Edamame



Jasmine Rice



Green Onion



Crispy Shallots



Soy Sauce



Sesame Oil

Ingredients

	2 People	4 People
Chicken Tenders	1 pkg (340 g)	2 pkg (680 g)
Mushrooms	1 pkg (113 g)	2 pkg (227 g)
Ginger	30 g	60 g
Garlic	1 pkg (10 g)	2 pkg (20 g)
Red Bell Pepper	1	2
Edamame	1) 1 pkg (½ cup)	2 pkg (1 cup)
Jasmine Rice	1 pkg (170 g)	2 pkg (340 g)
Green Onion	2	4
Crispy Shallots	2) 1 pkg (28 g)	2 pkg (56 g)
Soy Sauce	1) 2) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Sesame Oil	3) 1 pkg (1 tbsp)	2 pkg (2 tbsp)

*Not Included

Allergens

- 1) Soy/Soja
- 2) Wheat/Blé
- 3) Sesame/Sésame

Tools

Medium Pot, Grater, Large Pan, Measuring Cup

Nutrition per person Calories: 694 cal | Fat: 14 g | Protein: 52 g | Carbs: 89 g | Fiber: 5 g | Sodium: 391 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Bring **1½ cups salted water** (double for 4 people) in a medium pot to a boil. Peel and grate **1 tbsp ginger** (double for 4 people.) Mince or grate the **garlic**. Thinly slice the **mushrooms** and **green onion**. Core, then cut the **red bell pepper** into ½-inch cubes. Cut the **chicken** into ½-inch thick slices.

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2 Cook the rice: Add **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

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3 Cook the chicken: Meanwhile, heat a large pan over medium-high heat. Add the **sesame oil**, then the **chicken**. Cook until the chicken is golden-brown, 3-4 min. Add **half the green onion, ginger, garlic, mushrooms, bell pepper** and **edamame**. Cook, stirring often, until the veggies are tender, 5-6 min.

4 Fluff the **rice** with a fork, then stir into the pan along with the **soy sauce**. Increase the heat to high. Cook, stirring often, until the mixture looks dry, 2-3 min.

5 Finish and serve: Serve the **fried rice** with a sprinkle of **remaining green onions** and **crispy shallots**. Enjoy!

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