



Chicken Fried Rice

with Mushrooms, Green Beans and Peanuts

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

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Basmati Rice



Diced Chicken Thigh



Green Beans



Garlic Clove



Lime



Salted Peanuts



Sliced Mushrooms



Ginger Puree



Sambal



Soy Sauce



Ketjap Manis



Diced Chicken Breast

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.

Happy cooking!

Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, frying pan, garlic press, fine grater and bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	1 sachet	1 sachet	2 sachets
Sambal	15g	22g	30g
Soy Sauce 11) 13)	25ml	25ml	50ml
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	2783/665	709/170
Fat (g)	21.8	5.6
Sat. Fat (g)	5.0	1.3
Carbohydrate (g)	76.0	19.4
Sugars (g)	10.9	2.8
Protein (g)	41.7	10.6
Salt (g)	4.11	1.05

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	2467/590	629/150
Fat (g)	10.9	2.8
Sat. Fat (g)	2.2	0.6
Carbohydrate (g)	76.0	19.4
Sugars (g)	10.9	2.8
Protein (g)	47.1	12.0
Salt (g)	4.11	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten

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.

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side.



Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
 - Once hot, add the **diced chicken thigh** and season with **salt** and **pepper**.
 - Stir-fry until browned, 6-7 mins. **TIP:** Cook in batches if necessary - you want it to brown, not stew.
- IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Prep Time

- Meanwhile, trim the **green beans** and chop into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and chop into wedges.
- Roughly chop the **peanuts**.



Bring on the Flavour

- Once the **chicken** has browned, add the **sliced mushrooms** to the pan and stir-fry until golden brown, 3-4 mins.
- Add the **ginger puree**, **sambal** (add less if you don't like heat), **garlic** and **green beans** to the pan and cook for 2 mins more, stirring frequently.



Combine and Stir

- Once everything is cooked, lower the heat to medium and stir the **rice** into the pan. Heat until piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

- Remove the pan from the heat and stir in the **soy sauce**, **ketjap manis**, **lime zest** and a squeeze of **lime juice**.
- Share the **chicken fried rice** between your bowls and finish with a sprinkle of **peanuts**.
- Serve with a **lime wedge** for squeezing over.

Enjoy!