



STICKY CHICKEN

with Carrots and Peanuts



HELLO PEANUTS

Peanuts actually belong to the legume family and are grown underground and not on trees like other nuts such as Walnuts and Hazelnuts.



Basmati Rice



Carrot



Spring Onion



Red Onion



Salted Peanuts



Soy Sauce



Honey



Chicken Thigh

MEAL BAG

35 mins

1.5 of your 5 a day

Our sizzling sticky chicken is a customer favourite when it comes to quick and wholesome recipes. Chicken thighs are fried until golden before being cooked alongside sweet red onions and tossed through a sticky soy and honey marinade. Served up with veg packed basmati rice and topped with chopped peanuts, spring onion and any remaining sauce for an easy and delicious weeknight winner.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Coarse Grater** and **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** *The rice will finish cooking in its own steam.*



2 PREP TIME

Meanwhile, trim the ends from the **carrot** (no need to peel) then grate on a coarse grater. Remove the root from the **spring onion** and thinly slice. Halve, peel and thinly slice the **red onion**. Roughly chop the **peanuts**.



3 MAKE THE SAUCE

In a small bowl, combine the **soy sauce**, **honey** and **water** (see ingredients for amount). This is your **sauce**.



4 FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan on high heat. When hot, fry the **chicken thighs** (make sure you lay them out flat!) until golden on both sides and cooked through, 12-15 mins. Turn every few mins. ⚠️ **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Transfer to a plate and return the pan to medium heat. Add the **red onion** and cook, stirring often, until soft and sticky, 5-6 mins.



5 REDUCE THE SAUCE

Add the **sauce** you made in step 3 to the pan and bring to then boil. Lower the heat and simmer until reduced and slightly thickened, 3-4 mins. Stir occasionally. Return the **chicken thighs** to the pan for the last minute and turn to coat in the sauce. Warm the **chicken** through until piping hot.



6 SERVE UP!

Fluff up the **rice** with a fork and stir through the grated **carrot**, **half** the **spring onion** and **half** the **peanuts**. Season with a good pinch of **salt** and **pepper**. Serve the **rice** topped with the **sticky chicken**, any **sauce** left in the pan, and the remaining **spring onion** and **peanuts**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Carrot *	1	2	2
Spring Onion *	2	3	4
Red Onion *	1	2	2
Salted Peanuts 1)	1 small bag	¾ large bag	1 large bag
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Chicken Thigh *	4	6	8

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 427G	PER 100G
Energy (kJ/kcal)	3105 / 742	727 / 174
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	76	18
Sugars (g)	16	4
Protein (g)	61	14
Salt (g)	2.27	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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