



# Chicken Fried Rice with Sweetcorn and Peanuts

**Rapid** 20 Minutes • Little Heat • 1 of your 5 a day

11



Basmati Rice



Diced Chicken Thigh



Mange Tout



Spring Onion



Garlic



Lime



Sweetcorn



Salted Peanuts



Ginger Purée



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:

Saucepan, Sieve, Frying Pan and Fine Grater (or Garlic Press).

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Mange Tout**	1 small pack	1 large pack	1 large pack
Spring Onion**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Sweetcorn	1 small tin	¾ large tin	1 large tin
Salted Peanuts <b>1)</b>	1 small pack	1 large pack	1 large pack
Ginger Purée	1 sachet	1 sachet	2 sachets
Sriracha	½ sachet	1 sachet	1 sachet
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
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	3006 / 719	741 / 177
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	87	21
Sugars (g)	17	4
Protein (g)	44	11
Salt (g)	2.36	0.58

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

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### 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 or colander and keep to one side.



### Add Some Flavour!

- Once the **chicken** has browned, add the **ginger purée, sriracha, garlic, mange tout** and **half the spring onion** to the pan and cook for 2 more mins, stirring frequently. **TIP:** The sriracha is spicy, so just add half if you don't like heat.
- Add the drained **sweetcorn** to the pan and stir-fry until piping hot, another 2 mins.
- 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.



### 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

- As the **rice** and **chicken** cook, chop the **mange tout** into 1cm pieces.
- Trim the **spring onion** then thinly slice.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and chop into wedges.
- Drain the **sweetcorn**.
- Roughly chop the **peanuts**.



### Finish

- 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.