



Chicken Fried Rice

with chives and bell pepper

Quick Cook 20-25 mins

15



Diced Chicken Breast



Sweetcorn



Carrot



Jasmine Rice



Sesame Oil



Sweet Chilli Sauce



Bell Pepper



Chives



Chicken Stock



Ketjap Manis

Pantry Items: Oil, Salt, Pepper, Egg, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Sweetcorn	1 pack	2 packs
Carrot	1 unit	2 units
Jasmine Rice	150 g	300 g
Sesame Oil	20 ml	40 ml
Sweet Chilli Sauce	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Chives	5 g	10 g
Chicken Stock	1 sachet	2 sachets
Ketjap Manis	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	499.5 g	100 g
Energy (kJ/kcal)	2867 kJ/ 685 kcal	874 kJ/ 137 kcal
Fat (g)	15.5 g	3.4 g
Sat. Fat (g)	3 g	0.7 g
Carbohydrate (g)	99.3 g	19.9 g
Sugars (g)	29.3 g	5.8 g
Protein (g)	38.3 g	7.8 g
Salt (g)	2.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



1 Make the Rice

- Boil a large pot of **salted water** for the **rice**.
- Once boiling, add the **rice** and cook for 12-15 mins.
- Drain in a sieve and rinse through with cold **water** to cool the **rice**.

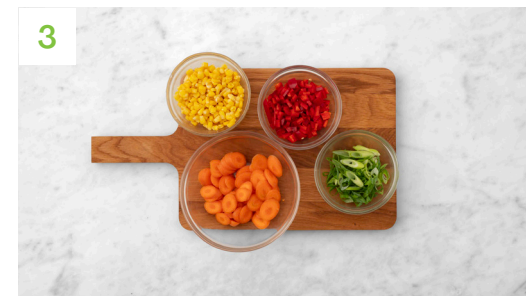
TIP: *If you're in a hurry you can boil the water in your kettle.*



2 Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** to the pan. Season with **salt and pepper**.
- Fry until golden on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.*



3 Get Prepped

- Meanwhile, trim the **carrot** and slice widthways into ½ cm rounds.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips then chop into small pieces.
- Drain the **sweetcorn** in a sieve.
- Roughly chop the **chives**.



4 Stir-fry the Veg

- Remove the cooked **chicken** from the pan and cover to keep warm.
- Return the pan to high heat with the **sesame oil**.
- When the **oil** is hot, add the **corn, pepper** and **carrot**.
- Season with **salt and pepper** and fry until softened, stirring occasionally, 5-6 mins.
- Add the **ketjap manis, sweet chilli sauce** and **stock powder**. Mix well to combine.



5 Add the Egg

- Beat 1 **egg** (double for 4p) in a bowl.
- Shift the veg to one side of the pan.
- Pour the **egg** into the empty side of the pan and gently stir with a spatula to create a scrambled texture.
- Stir to mix with the veg then add the **chicken** and cooled **rice**.
- Cook everything together, stirring, until combined and warmed through, 2-3 mins. Season to taste with **salt and pepper**.



6 Finish and Serve

- Divide your **chicken** fried **rice** between bowls.
- Top with a sprinkling of **chives**.

Enjoy!