



Thai Style Chicken Stir-fry

with cabbage and jasmine rice

Quick Cook 20 – 25 mins • Spicy

15



Diced Chicken Breast



Lemon



Garlic, Ginger & Lemongrass Paste



Ketjap Manis



Sesame Seeds



Jasmine Rice



Red Thai Style Paste



Cabbage



Onion



Dried Chilli Flakes



Miso Paste

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

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

Pot with lid, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Lemon	1 unit	2 units
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Ketjap Manis	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Red Thai Style Paste	1 sachet	2 sachets
Cabbage	1 unit	2 units
Onion	1 unit	2 units
Dried Chilli Flakes	2 sachets	4 sachets
Miso Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	613.5 g	100 g
Energy (kJ/kcal)	3023 kJ/ 723 kcal	493 kJ/ 118 kcal
Fat (g)	11.5 g	1.9 g
Sat. Fat (g)	2.1 g	0.3 g
Carbohydrate (g)	111.8 g	18.2 g
Sugars (g)	26.9 g	4.4 g
Protein (g)	46.9 g	7.6 g
Salt (g)	12.8 g	2.1 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.

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Chicken

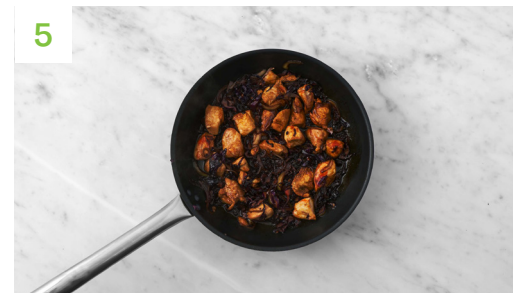
- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add **chicken, onion** and **cabbage**.
- Fry until the **chicken** is golden brown on the outside, 10-12 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer 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.



Get Prepped

- Halve the **cabbage**, cut out and discard the tough core, then finely slice.
- Halve, peel and thinly slice the **onion**.
- Zest and quarter the **lemon**.



Finishing Flavours

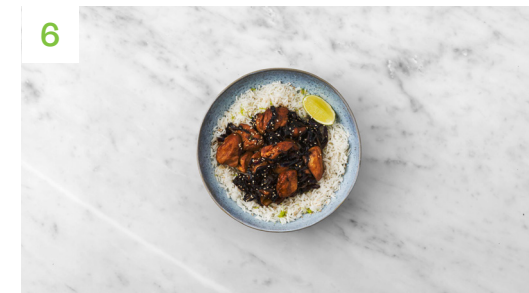
- Add the **lemongrass paste** and **chilli flakes** (use less if you don't like spice) and cook for 1 min more.
- Remove the pan from the heat.
- Stir through the **miso paste, red Thai paste, ketjap manis** and a squeeze of **lemon juice**.
- Add a splash of **water** if you feel the sauce is too thick.
- Taste and season with **salt, pepper** and a squeeze more **lemon juice** if needed.



Toast the Sesame Seeds

- Place a large pan over medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, stirring regularly, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

TIP: Watch them closely—they can burn easily.



Divide and Serve

- Stir the **lemon** zest through the **rice**, fluffing it up as you go.
- Share the **rice** between bowls and top with the **chicken** stir-fry.
- Scatter over the toasted **sesame seeds**.
- Serve any remaining **lemon** wedges alongside.

Enjoy!