



Fragrant Chicken Stir-fry with green beans and coriander

Calorie Smart 30 – 35 mins • Spicy

11



Diced Chicken Breast



Chilli



Rice



Soy Sauce



Lime



Green Beans



Onion



Coriander



Red Thai Style Paste



Garlic, Ginger & Lemongrass Paste



Carrot

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
Chilli	1 unit	2 units
Rice	150 g	300 g
Soy Sauce	2 sachets	4 sachets
Lime	1 unit	2 units
Green Beans	75 g	150 g
Onion	1 unit	2 units
Coriander	5 g	10 g
Red Thai Style Paste	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	473 g	100 g
Energy (kJ/kcal)	2171.5 kJ/ 519 kcal	459.1 kJ/ 109.7 kcal
Fat (g)	4.7 g	1 g
Sat. Fat (g)	1.2 g	0.3 g
Carbohydrate (g)	82.2 g	17.4 g
Sugars (g)	9.7 g	2.1 g
Protein (g)	39.5 g	8.4 g
Salt (g)	6.5 g	1.4 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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Get Prepped

- Trim and halve the **green beans**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Halve, peel and chop the **onion** into small pieces.
- Zest then quarter the **lime**. Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways then discard the core and seeds. Finely chop.



Cook Your Veg

- Return the pan to medium-high heat with another drizzle of **oil**, if necessary.
- Once hot, fry the **carrots** and **green beans** for 1-2 mins.
- Next add the **onion**, **chilli** and **lemongrass paste**.
- Cook until the veg is tender, stirring often, 3-4 mins.



Make the Rice

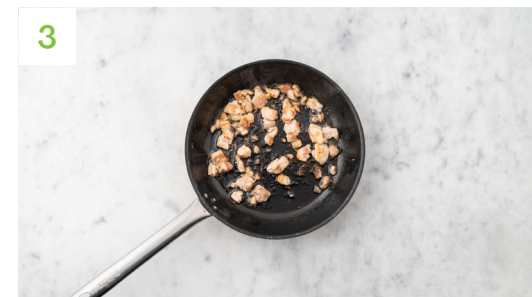
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Season the Stir-fry

- Stir in **lime** zest, **soy sauce**, **red Thai paste**, and 50ml **water** (double for 4p).
- Cook until sauce has reduced slightly, 3-4 mins.
- Add the **chicken** and cook until warmed through, 1 min.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash of water to loosen the sauce if necessary!



Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and season with **salt** and **pepper**.
- Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and set aside.

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



Finish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Top with the spicy **chicken** stir-fry.
- Finish with a squeeze of **lime** juice and a sprinkling of **coriander**.

Enjoy!