



# Asian Crumbed Chicken Bowl

with mushrooms and pickled cucumber

30 – 35 mins • Egg(s) not included

5



Diced Chicken Breast



Breadcrumbs



Mushrooms



Sweet Chilli Sauce



Cucumber



Scallion



Apple Cider Vinegar



Jasmine Rice



Chilli



Aioli



Ketjap Manis

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



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## 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper, pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Breadcrumbs	1 pack	2 packs
Mushrooms	150 g	250 g
Sweet Chilli Sauce	1 sachet	1 sachet
Cucumber	2 units	4 units
Scallion	2 units	4 units
Apple Cider Vinegar	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Chilli	1 unit	2 units
Aioli	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	593 kJ/ 142 kcal
Fat (g)	4 g
Sat. Fat (g)	0.6 g
Carbohydrate (g)	18 g
Sugars (g)	3 g
Protein (g)	8.8 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

## 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

## Contact

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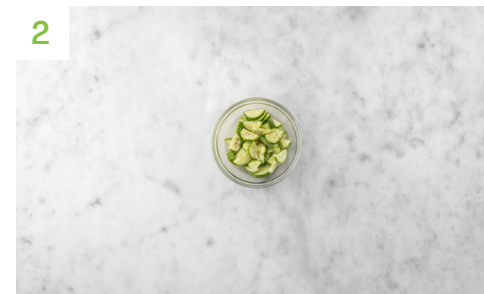
### 1 Make the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Place a pot over medium-high heat with 300ml cold **water** (per 2P).
- Stir in the **rice** and ring to the boil. Once boiling, lower heat to medium, cover and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins so the **rice** can continue to cook in its own steam.
- Once cooked, stir through ¼ tsp **salt** (per 2P), 1 tsp **sugar** (per 2P) and **half** the **apple cider vinegar**.



### 4 Cook the Chicken

- Arrange the **chicken** in a single layer on a lined baking tray.
- Drizzle **oil** over the crumbed **chicken**.
- Bake on the top shelf of the oven until the **chicken** is cooked through and crispy, 20-25 mins.  
**IMPORTANT:** Chicken is cooked when no longer pink in the middle.



### 2 Pickle the Cucumber

- Meanwhile, trim the **cucumber** and halve lengthways. Scoop out the seeds. Chop widthways into small pieces.
- In a bowl, mix the remaining **apple cider vinegar**, ¼ tsp **salt** (per 2P) and 1 tsp **sugar** (per 2P).
- Add the **cucumber** and set aside to marinate, continuing to toss occasionally.



### 5 Get Prepped

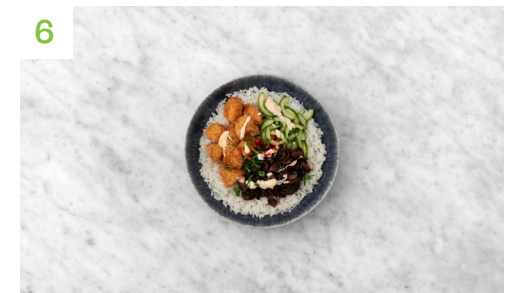
- Meanwhile, roughly chop the **mushrooms**. Deseed and finely chop the **chilli**.
- Trim and thinly slice the **scallion**, keeping the green and white portions separate.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** with the white of the **scallion** for 5-6 mins. Stir in the **ketjap manis**.
- Meanwhile, in a bowl, mix the **aioli** with the **sweet chilli sauce**.



### 3 Crumb the Chicken

- In a bowl, beat one **egg** (per 2P). Season with **salt** and **pepper**.
- To another bowl, add **breadcrumbs** and season with **salt** and **pepper**.
- Toss the **chicken** first in the **egg** and then in the **breadcrumbs**.  
**IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

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



### 6 Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with pickled **cucumber**, fried **mushrooms** and crispy **chicken**.
- Drizzle over the **sweet chilli aioli**.
- Garnish with a scattering of green **scallion** and as much chopped **chilli** as you like (use less if cooking for kids or if you don't like spice).

Enjoy!