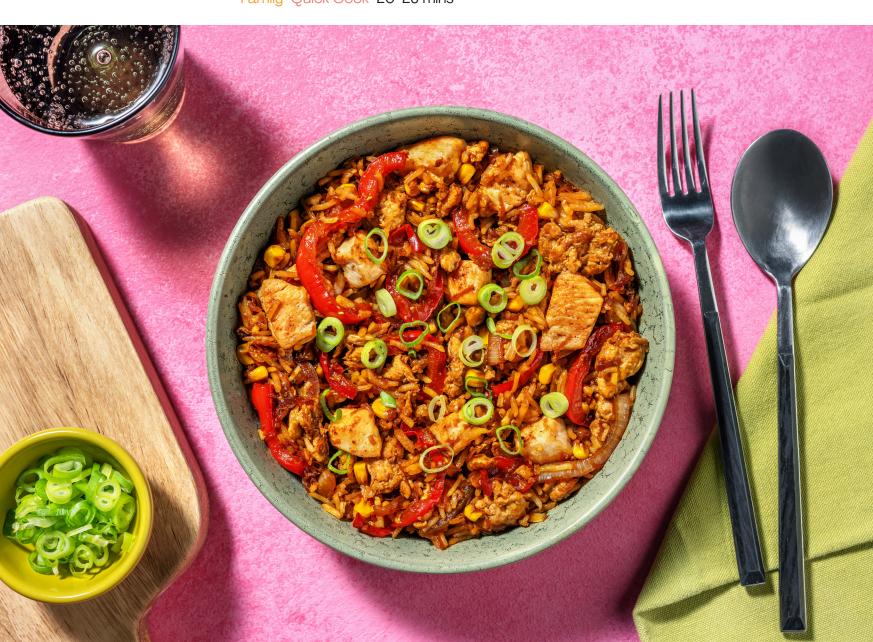


Chicken Fried Rice

with scallions and bell pepper

Family Quick Cook 20-25 mins









Diced Chicken Breast

Canned Corn





Carrot

Onio





Jasmine Rice

Sesame Oil





Sweet Chilli Sauce

Bell Peppe





Scallion

Chicken Stock



Ketjap Manis

Before you start

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

Cooking tools you will need

Grater, Sieve, Whisk

Ingredients

	2P	4P
	25	46
Diced Chicken Breast	260 g	520 g
Canned Corn	1 pack	2 packs
Carrot	1 unit	2 units
Onion	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
Scallion	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Ketjap Manis	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	567 g	100 g
Energy (kJ/kcal)	2942.1 kJ/ 703.2 kcal	518.9 kJ/ 124 kcal
Fat (g)	15.2 g	2.7 g
Sat. Fat (g)	3 g	0.5 g
Carbohydrate (g)	102.5 g	18.1 g
Sugars (g)	31.6 g	5.6 g
Protein (g)	39.6 g	7 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

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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.



Fry the Chicken

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



Get Prepped

- Meanwhile, trim the carrot, then coarsely grate (no need to peel).
- Halve the pepper and discard the core and seeds.
 Slice into thin strips.
- Halve, peel and thinly slice the onion.
- Drain the **sweet corn** in a sieve.
- Trim and thinly slice the scallion.



Stir-fry the Veg

- Set the cooked **chicken** aside and return the pan to high heat with **sesame oil**.
- When the oil is hot, add in the carrot, corn, sliced pepper and onion.
- Season with salt and pepper and fry until softened stirring occasionally, 4-5 mins.
- Add the ketjap manis, sweet chilli sauce and stock and mix well.



Add the Egg

- Whisk 1 egg (double for 4p) in a bowl.
- Shift the veg to one side of the pan. Pour in the egg mix to the empty side of the pan and gently stir with a spatula to create a scrambled texture.
- Mix well with the veg and pop in the chicken and cooled rice.
- Stir-fry everything together for 2-3 mins. Season the fried **rice** to taste with **salt** and **pepper**.



Garnish and Serve

- Divide your chicken fried rice between bowls.
- Top with sliced **scallion**.

Enjoy!