



Chicken Fried Rice with scallions and bell pepper

Family Quick Cook 20-25 mins

6



Diced Chicken Breast



Canned Corn



Carrot



Onion



Jasmine Rice



Sesame Oil



Sweet Chilli Sauce



Bell Pepper



Scallion



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!

Cooking tools you will need

Grater, Sieve, Whisk

Ingredients

	2P	4P
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

Thumbs up or thumbs down?
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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!