



Fragrant Lemongrass Chicken and Veg Stir-Fry with Zesty Rice and Sesame Seeds

12

Quick 20-25 Minutes • **Mild Spice** • 1 of your 5 a day



Jasmine Rice



Diced Chicken Breast



Lime



Coleslaw Mix



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Soy Sauce



Sambal Paste



Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, lid, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Lime**	1	1	1
Coleslaw Mix**	120g	180g	240g
Ginger, Garlic & Lemongrass Puree	22g	37g	44g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sambal Paste	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	110ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2376 /568	434 /104
Fat (g)	5.8	1.1
Sat. Fat (g)	1.2	0.2
Carbohydrate (g)	88.5	16.2
Sugars (g)	20.1	3.7
Protein (g)	40.0	7.3
Salt (g)	3.97	0.73

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Mix up the Sauce

- In a small bowl, combine the **ginger, garlic & lemongrass puree, ketjap manis, soy sauce and sambal paste** (add less if you'd prefer things milder).
- Mix in the **water for the sauce** (see pantry for amount), then set aside.



Fry your Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced 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 after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Combine and Stir

- When the **chicken** is cooked, stir the **sauce mixture** into the pan and cook until thickened slightly, 1-2 mins.
- Add a squeeze of **lime juice** from a **lime wedge** and a splash of **water** if it's a little too thick.
- Taste and season with **salt, pepper** and a squeeze more **lime juice** if needed.



Add the Veg

- Meanwhile, zest and cut the **lime** into wedges.
- Add the **coleslaw mix** to the **chicken**. Stir-fry until slightly softened, 1-2 mins. Add a drizzle of **oil** if needed.



Finish and Serve

- Stir the **lime zest** through the **rice** and share between your bowls.
- Top with the **chicken and veg stir-fry**, spooning over any remaining **sauce** from the pan.
- Sprinkle over the **sesame seeds**. Serve with any remaining **lime wedges** for squeezing over.

Enjoy!