



INDONESIAN CHICKEN FRIED RICE

with Crunchy Chili Cashews

PRONTO



HELLO

SPROUTED BROWN RICE

Allowed to germinate, this grain has better flavour and texture than regular brown rice

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 698



Chicken Breasts



Sprouted Brown Rice



Sweet Potato, cubes



Corn Kernels



Green Beans, trimmed



Green Onions



Chili Cashews



Ginger



Garlic



Soy Sauce

BUST OUT

- Garlic Press
- Strainer
- Large Non-Stick Pan
- Zester
- Measuring Spoons
- Measuring Cups
- Medium Bowl
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Sprouted Brown Rice ½ cup | 1 cup
- Sweet Potato, cubes 170 g | 340 g
- Corn Kernels 113 g | 227 g
- Green Beans, trimmed 170 g | 340 g
- Green Onions 2 | 4
- Chili Cashews 🌶️ 4,5 28 g | 56 g
- Ginger 30 g | 60 g
- Garlic 10 g | 20 g
- Soy Sauce 1,4 2 tbsp | 4 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Here's a trick for peeling ginger: using a spoon, scrape upwards against the skin. You may need to put a little pressure on it, but the skin will practically remove itself! Then use a zester to perfectly grate your ginger.



1 COOK RICE Wash and dry all produce.* Using a strainer, rinse the **rice**. In a medium pot, combine the rice with **1 ¼ cups water** (double for 4 ppl). Bring to a boil over high heat, then reduce the heat to medium-low. Cover and simmer until the rice is tender, 25-26 min. Drain any excess water.



4 COOK VEGGIES Add the **sweet potatoes** and **green beans** to the pan. Cook until the veggies are tender and golden-brown, 6-7 min. Add **corn** and cook, stirring often, until warmed through, 3-4 min. Season with **salt** and **pepper**. Transfer to the medium bowl with the **chicken** and set aside.



2 PREP Meanwhile, cut the **green beans** into 1-inch pieces. Thinly slice the **green onions**. Peel, then mince or grate **1 tbsp ginger** (double for 4 ppl). Mince or grate the **garlic**. Roughly chop the **chili cashews**. Pat the **chicken** dry with paper towels. Cut the chicken into ½-inch cubes. Season with **salt** and **pepper**.



5 FINISH RICE Add the cooked **rice** to the same pan. Add the **chicken-veggie mixture**, **soy sauce** and **green onions**. Stir until warmed through, 2-3 min.



3 COOK CHICKEN Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook, stirring often, until golden-brown, 3-4 min. Transfer to a medium bowl and set aside. Add another drizzle of oil to the same pan, then the **ginger** and **garlic**. Cook until fragrant, 1-2 min.



6 FINISH AND SERVE Divide the **chicken fried rice** between bowls. Sprinkle with the **chili cashews**.

WOW!

This recipe takes way less time to cook than delivery!