



FOR the
Little ones

cashews

CREAMY
COLESLAW &
CUCUMBER

Rice & Chicken



fRied Rice with chicken

Delicious, quick and family-friendly fried rice, topped with mild sweet chilli chicken strips and crunchy cashew nuts.

25 minutes

2 servings

chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	20g	45g

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN STIR-FRY STRIPS	300g
SPRING ONIONS	1 bunch
GINGER	1 piece
GARLIC CLOVE	1
COLESLAW	250g
LEBANESE CUCUMBER	1
CASHEW NUTS	40g

FROM YOUR PANTRY

sesame oil (or other), soy sauce, sweet chilli sauce

COOKING TOOLS

saucepan, large frypan

Make a ginger garlic chicken stir-fry with cashew nuts, spring onion and coleslaw mix. Season using soy sauce and sweet chilli and serve over rice.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



4. ADD THE RICE & SAUCE

Add **1-2 tbsp sweet chilli sauce** and **2 tbsp soy sauce** (use to taste) to pan and combine well. Stir through cooked **rice**.

tip Adjust seasoning to taste! You can add a little sweetness or more sweet chilli sauce!



2. COOK THE CHICKEN

Heat a frypan with **oil** over high heat. Add **chicken** and cook for 6-7 minutes or until cooked through. Season with **1/2 tbsp sweet chilli sauce** and **1/2 tbsp soy sauce**. Remove from pan.

tip You can use honey instead of sweet chilli if you prefer a honey soy chicken.



5. FINISH AND SERVE

Dice or slice **cucumber**.

Serve **chicken** on top of **fried rice** and scatter over **cashew nuts**, any reserved **spring onion tops** and **cucumber**. Serve at the table.



3. SAUTE THE VEGETABLES

Meanwhile, slice **spring onions**, grate **ginger** (roughly 1/2 tbsp) and crush **garlic**.

Add to frypan along with **coleslaw mix** and more **oil** if needed. Cook for 5 minutes or until softened.

tip Reserve some spring onion tops for garnish if you like!