

FOR THE
 Little ONES

CASHews

 CREAMY
 COLESLOW &
 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



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	39g/43g	23g/27g	47g/52g
4/6 person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHICKEN STRIPS	600g	600g + 300g
SPRING ONIONS	1 bunch	2 bunches
GINGER	1 piece	1 piece
GARLIC CLOVES	2	3
COLESLAW	250g	2 x 250g
LEBANESE CUCUMBERS	2	3
CASHEW NUTS	80g	80g + 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 **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

6P - use 900ml water for the rice.



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**.

6P - season with 2-3 tbsp sweet chilli sauce and 3 tbsp soy sauce to taste.

tip Adjust seasoning to taste!



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** 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 **cucumbers**.

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** (reserve green tops for garnish), grate **ginger** and crush **garlic**.

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

6P - use coleslaw to taste.