



U&COOK

Peanut & Chilli Chicken Fried Rice

with spring onion & dried chilli flakes

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	598kJ	3717kJ
Energy	143kcal	889kcal
Protein	8.9g	55.6g
Carbs	17g	103g
of which sugars	4.2g	25.8g
Fibre	1.8g	11.3g
Fat	4.3g	26.9g
of which saturated	0.9g	5.6g
Sodium	180mg	1119mg

Allergens: Soya, Gluten, Allium, Peanuts, Wheat

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into bite-sized chunks</i>
40ml	80ml	Peanut Butter
40ml	80ml	Soy Dressing <i>(20ml [40ml] Low Sodium Soy Sauce, 10ml [20ml] Honey & 10ml [20ml] Lime Juice)</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
120g	240g	Carrot <i>rinse, trim, peel & grate</i>
5ml	10ml	Dried Chilli Flakes
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **NICE RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **COOK THE CHICKEN** Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. **SOY GOOD** Boil the kettle. In a small bowl, loosen the peanut butter with a splash of warm water. Mix in the soy dressing and set aside.

4. **LOAD WITH FLAVOUR** Return the pan to medium heat with a drizzle of oil. Add the onion and fry until caramelised, 7-8 minutes (shifting occasionally). Add the garlic and ginger and fry until fragrant, 30-60 seconds (shifting constantly). Add the carrot, the cooked rice, the cooked chicken, and the chilli flakes (to taste). Mix with the soy-peanut dressing and add seasoning (if needed). Remove from the heat.

5. **AND... DONE!** Plate up the loaded fried rice and garnish with the spring onion.