



FEED YOUR  
FAMILY  
FOR £5

# SWEET CHILLI CHICKEN FRIED RICE



# INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
375g Chicken Thighs	£1.28	300g Plant Chef Chicken Style Pieces	£2.25
350g Long Grain Rice	£0.44		
150g Peas	£0.17		
150g Sweetcorn	£0.22		
3 x Garlic Cloves	£0.14		
1/2 bunch Spring Onions	£0.33		
300g Carrots	£0.22		
30ml Vegetable Oil	£0.06		
50g Ketchup	£0.08		
85ml Sweet Chilli Sauce	£0.47		
40ml Soy Sauce	£0.23		
6g Mild Curry Powder	£0.10		
<b>Total</b>	<b>£3.74</b>		<b>£4.71</b>

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our  
video online



# 1. THE RICE

Cook the rice according to the package instructions.  
Once cooked, leave it to cool.

# 2. PREPARE THE VEGETABLES

Peel and dice carrots into small cubes. Grate your garlic  
and set it aside.

# 3. THE SAUCE

In a small mixing bowl, combine the sweet chilli sauce,  
soy sauce and ketchup. Mix well.

# THE CHICKEN

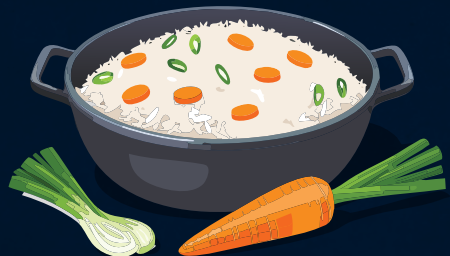
## 4.

Slice the chicken into strips.



## 5.

Heat oil in a large frying pan or wok on a medium-high heat. Add sliced chicken and cook for about 5 minutes.



# COOK THE VEG

6.

Once the chicken is partially cooked, add the grated garlic and curry powder. Stir in the diced carrots, peas and sweetcorn. Cook for a further 4 mins, stir continuously.

7.

Add the cooked and cooled rice to the pan. Keep stirring to heat the rice through. Pour in the sauce mixture and cook for an additional 3-4 minutes, stirring continuously.

8.

Finely slice the spring onions, reserving some for garnish. Add the sliced spring onions to the pan and cook for 30 seconds.

## SERVE

Serve the dish hot, garnished with the reserved spring onions. Enjoy!

