ASPENS

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		
Total	£3.74		£4.71

Prices correct at time of printing and my 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

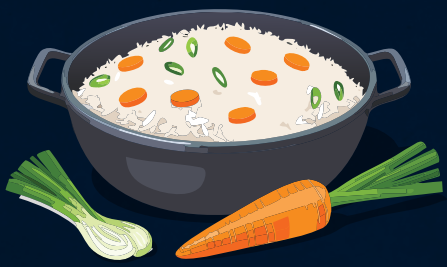
4.

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!

