

2 people: 30 min
4 people: 35 min

Salt & Pepper Chicken With Egg Fried Rice

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our kitchen bangers



Ingredients for 2 [Double for 4 people]:

-  1 red chilli
-  1 British free-range egg **A3**
-  1 garlic clove
-  15g fresh root ginger
-  3 spring onions
-  320g British skinless chicken thighs
-  1/2 tsp five-spice mix
-  4 tbsp cornflour
-  15ml toasted sesame oil **A11**
-  15ml soy sauce **A1, A6**
-  160g blanched peas
-  130g basmati rice

Allergens: **A1:** gluten, **A3:** egg, **A6:** soya, **A11:** sesame

You need: pepper, salt, sugar, vegetable oil

Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.

Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
588kcal	13g	3g	72g
Sugar	Fibre	Protein	Salt
3g	3g	47g	2g

 1 of your 5-a-day

 Dairy-free
See our FAQs for details.





1

Instructions for 2 [for 4]

Add the **basmati rice** and 300ml [600ml] **cold water** to a pot with a lid and bring to the boil over a high heat

Once boiling, reduce the heat to very low and cook, covered, for 10-12 min or until all the water has absorbed and the rice is almost cooked with a slight bite

Once done, transfer the rice to a plate and spread it out flat to help it cool down



2

While the rice is cooking, slice the **chicken thighs** into strips. Add the **cornflour** to a bowl along with 1 tsp [2 tsp] **sugar**, a very generous pinch of **salt**, half [a little] of the **five-spice mix** and a generous grind of **black pepper** and mix it all together

Tip: Cooking for 2? Save the rest of the five-spice for another recipe!

Add the **chicken strips** to the bowl and give everything a good mix up until all the chicken is coated



3

Heat a large, wide-based pan (preferably non-stick) with a very large drizzle of **vegetable oil** over a medium-high heat. Once the pan is very hot, add the **coated chicken strips** and cook for 5-6 min on each side until golden and crispy and the chicken is cooked through (no pink meat!) – this is your **crispy chicken**



4

While the chicken is cooking, trim, then roughly chop the **spring onions** into batons

Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the **ginger**

Peel and finely chop (or grate) the **garlic**

Finely slice the **red chilli[s]** into rounds



5

Once the chicken is crispy, add the **spring onion batons**, **chili rounds** (can't handle the heat? Go easy!), **chopped garlic** and **chopped ginger** to the pan and cook for 2-3 min until fragrant

Once done, transfer everything to a plate (save the pan!) and set aside until serving – this is your **salt & pepper chicken**



6

Return the reserved pan to a medium-high heat with a drizzle of **vegetable oil**

Once hot, add the **cooled rice**, **blanched peas**, **toasted sesame oil** and **soy sauce** and cook for 2-3 min until everything is combined



7

Once combined, push the rice to one side of the pan and crack the **egg[s]** into the other side

Stir the **egg[s]** with a wooden spoon to break the yolk[s] and cook for 1-2 min until it resembles scrambled egg, then mix it all through the rice – this is your **egg fried rice**



8

Serve the **salt & pepper chicken** over the **egg fried rice**

Tip: For fancy presentation, press the rice into small bowls and turn out

Enjoy!