



XO Glazed Chicken & Mushroom Fried Rice

with Edamame Beans and Spring Onions

High Protein

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/xo-glazed-chicken-mushroom-fried-rice-62>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Lid, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Jasmine Rice (grams)	150	225	300
British Chicken Breasts (unit(s))	2	3	4
Spring Onion (unit(s))	2	3	4
Sliced Mushrooms (grams)	180	300	360
Indonesian Style Spice Mix (sachet(s))	1	1	2
Hoisin Sauce (grams)	30	60	60
Rice Vinegar (milliliter(s))	15	22½	30
Vegan XO Sauce (grams)	50	75	100
Fresh Edamame Beans (grams)	80	120	160
Water for the Rice (milliliter(s))	300	450	600
Plain Flour (tbsp)	1	1½	2
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (tbsp)	1	1½	2
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2639 kJ
Energy (kcal)	631 kcal
Fat	13.2 g
of which saturates	1.4 g
Carbohydrate	88.3 g
of which sugars	18.1 g
Dietary Fibre	5.3 g
Protein	50.8 g
Salt	2.11 g

Allergens

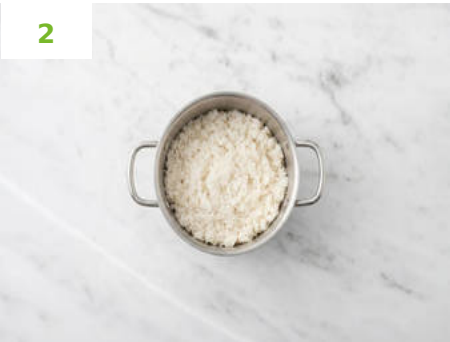
Soya

Always check the product labels for allergen information.



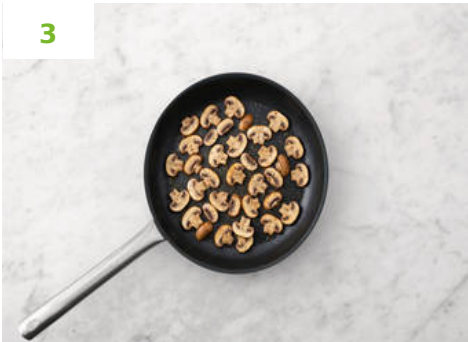
Get Started

- a)** Preheat your oven to 220°C/200°C fan/gas mark 7.
- b)** Lay the **chicken** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- c)** When the oven is hot, roast the **chicken** on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Cook the Rice

- a)** Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.
- b)** Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
- c)** Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



Start Frying

- a)** While the **rice** and **chicken** cook, trim the **spring onions** and thinly slice on an angle.
- b)** Heat a drizzle of **oil** in a large frying pan on high heat.
- c)** When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.



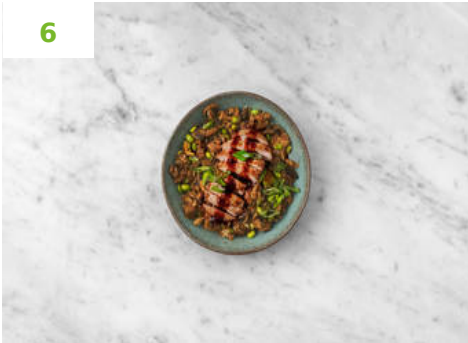
All Together Now

- a)** Once browned, lower the heat and add the **Indonesian style spice mix**. Fry until fragrant, 1 min more.
- d)** Add the **hoisin sauce**, **rice vinegar**, **sugar** and **water for the sauce** (see pantry for both amounts).
- c)** Add in **half** the **vegan XO sauce** and simmer until thickened and glossy, 1-2 mins. Remove from the heat.



Finishing Touches

- a)** Once cooked, add the **cooked rice**, **edamame** and **half** the **spring onions** to the **mushroom** pan.
- b)** Mix well until the **rice** is completely coated in the **sauce**. Add a splash of **water** if you feel it needs it. Season with **salt** and **pepper**.
- c)** Once the **chicken** is cooked, remove from the oven. Drizzle over the **honey** (see pantry for amount) and remaining **XO sauce**. Slice into 1cm thick slices. Season with **salt** and **pepper**. **TIP:** If it looks too sticky, add a small splash of water to loosen the glaze.



Serve Up

- a)** When everything's ready, share the **fried rice** between your serving bowls.
- b)** Top with the **XO glazed chicken** and spoon over any of the remaining **glaze** from the tray.
- c)** Sprinkle over the remaining **spring onion** to finish.

Enjoy your meal!