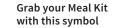


Black Pepper Chicken Stir-Fry with Rice & Crispy Shallots

KID FRIENDLY









Green Beans





Carrot

Black Peppercorns





Chicken Tenderloins

Onion Chutney



Oyster Sauce

Crispy Shallots

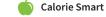




Unfortunately, this week's crushed peanuts were in short supply, so we've replaced them with crispy shallots. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins Ready in: 20-30 mins

Eat Me First



Lift your stir-fry game by whipping up a robust sauce for the juicy chicken and veggies. Simply reach for the black peppercorns, caramelised onion chutney and oyster sauce in your meal kit to make it happen!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

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large packet
medium bags
sachet
small packets R 1 large packet
packets 0g)
large packets
large packet
packets 00g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (646Cal)	534kJ (128Cal)
Protein (g)	47.9g	9.5g
Fat, total (g)	8.1g	1.6g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	92.1g	18.2g
- sugars (g)	24.9g	4.9g
Sodium (mg)	2542mg	502mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2312kJ (553Cal)	524kJ (125Cal)
Protein (g)	25g	5.7g
Fat, total (g)	6.2g	1.4g
- saturated (g)	1.1g	0.2g
Carbohydrate (g)	92.1g	20.9g
- sugars (g)	24.9g	5.6g
Sodium (mg)	3124mg	708mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiled water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes.
- Drain, then return to the saucepan.



Cook the stir-fry

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, green beans and carrot with a pinch of salt, tossing occasionally, until cooked through (when no longer pink inside), 5-6 minutes.
- Remove pan from heat. Add crushed peppercorns, onion chutney, oyster sauce and a dash of water, stirring to combine.

TIP: Black peppercorns can be hot, add less if you're sensitive to heat!

Custom Recipe: If you've upgraded to prawns, before cooking the veggies, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a bowl, then cook the veggies as above. Return prawns to the pan with the sauces, stirring to combine.



Get prepped

- Meanwhile, trim and halve green beans. Thinly slice carrot into half-moons.
 Set aside. Lightly crush black peppercorns (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.
- Cut chicken tenderloins into 2cm chunks.

Little cooks: Have a go at crushing the peppercorns!



Serve up

- Divide basmati rice between bowls. Top with black pepper chicken stir-fry.
- · Sprinkle with crispy shallots to serve.

Little cooks: Add the finishing touch by sprinkling over the crispy shallots!