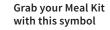


# Black Pepper Chicken Stir-Fry with Rice & Crushed Peanuts

KID FRIENDLY









Green Beans



Capsicum



**Black Peppercorns** 





Chicken Tenderloins

Onion Chutney



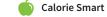
**Crushed Peanuts** 

**Oyster Sauce** 



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

Eat Me Early



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!



**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

	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 medium packet	1 large packet		
green beans	1 medium bag	2 medium bags		
capsicum	1	2		
black peppercorns	½ packet	1 packet		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
onion chutney	1 packet (40g)	2 packets (80g)		
oyster sauce	1 large packet	2 large packets		
crushed peanuts	1 medium packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		
·	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2706kJ (647Cal)	519kJ (124Cal)
Protein (g)	48.8g	9.4g
Fat, total (g)	8.4g	1.6g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	90.7g	17.4g
- sugars (g)	23.8g	4.6g
Sodium (mg)	2503mg	480mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2316kJ (554Cal)	508kJ (121Cal)
Protein (g)	25.9g	5.7g
Fat, total (g)	6.5g	1.4g
- saturated (g)	1.1g	0.2g
Carbohydrate (g)	90.7g	19.9g
- sugars (g)	23.8g	5.2g
Sodium (mg)	3085mg	677mg

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

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#### 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 capsicum with a pinch of salt, tossing occasionally, until chicken is browned and cooked through (when no longer 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 capsicum.
- 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 **crushed peanuts** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the peanuts!