



Black Pepper Chicken Stir-Fry

with Rice & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Green Beans



Capsicum



Black Peppercorns



Chicken Tenderloins



Onion Chutney



Oyster Sauce



Crushed Peanuts



Prawns

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

Calorie Smart

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!

Eat Me Early

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

	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)

*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



1



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.

3



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.

2



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!

4



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!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate