



# Plant-Based Satay Chick'n & Veggie Stir-Fry

with Rice & Crushed Peanuts

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Peanut Butter



Plant-Based Fish Sauce



Carrot & Zucchini Mix



Plant-Based Chicken Strips



Satay Seasoning



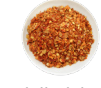
Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Chilli Flakes (Optional)



Plant-Based Chicken Strips

Prep in: 20-30 mins  
Ready in: 25-35 mins

Plant Based

Fluffy basmati rice does the most when soaking up a hearty stir-fry mixture. This one gets five stars with the addition of plant-based chicken strips, crushed peanuts and chilli flakes!

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

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
capsicum	1	2
peanut butter	1 packet	2 packets
plant-based fish sauce	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>boiling water*</b>	2 tbs	¼ cup
carrot & zucchini mix	1 medium bag	1 large bag
plant-based chicken strips	1 packet	2 packets
satay seasoning	1 sachet	2 sachets
coconut milk	1 packet	2 packets
<b>water*</b>	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
plant-based chicken strips**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3805kJ (909Cal)	602kJ (144Cal)
Protein (g)	47.8g	7.6g
Fat, total (g)	38.7g	6.1g
- saturated (g)	17.7g	2.8g
Carbohydrate (g)	88.4g	14g
- sugars (g)	21.7g	3.4g
Sodium (mg)	2832mg	448mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4735kJ (1132Cal)	625kJ (149Cal)
Protein (g)	77.4g	10.2g
Fat, total (g)	47.7g	6.3g
- saturated (g)	19g	2.5g
Carbohydrate (g)	92.1g	12.2g
- sugars (g)	25.5g	3.4g
Sodium (mg)	3957mg	522mg

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](https://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 boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



## Cook the chicken

- To the veggies, add **plant-based chicken strips** and cook, tossing, until browned, **4-5 minutes**.
- Stir in **satay seasoning**, **coconut milk**, **peanut butter sauce mixture** and the **water** and cook until thickened, **1-2 minutes**.
- Stir through **baby spinach leaves** and cook until wilted and combined.

**Custom Recipe:** If you've doubled your plant-based chicken strips, cook chick'n as above.

2



## Get prepped & cook the veggies

- Meanwhile, cut **capsicum** into bite-sized chunks.
- In a small heatproof bowl, combine **peanut butter**, **plant-based fish sauce**, the **soy sauce**, the **brown sugar** and the **boiling water** (2 tbs for 2 people / ¼ cup for 4 people).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot & zucchini mix** and **capsicum**, tossing, until just tender, **2-3 minutes**.

4



## Serve up

- Divide rice between bowls. Top with satay chick'n stir-fry.
- Sprinkle over **crushed peanuts** and a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)