



# Quick Black Pepper Chicken Stir-Fry

with Rice & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine 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

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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
green beans	1 medium bag	2 medium bags
capsicum	1	2
black peppercorns	½ sachet	1 sachet
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)	2273kJ (543Cal)	498kJ (119Cal)
Protein (g)	26.2g	5.7g
Fat, total (g)	7g	1.5g
- saturated (g)	1.1g	0.2g
Carbohydrate (g)	90.7g	19.9g
- sugars (g)	23.8g	5.2g
Sodium (mg)	3091mg	678mg

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

- To a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until rice is tender and all the water has absorbed, **12 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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 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.

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.

4



## Serve up

- Divide jasmine rice between bowls.
- Top with black pepper chicken stir-fry.
- Sprinkle with **crushed peanuts** 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)