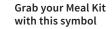


Quick Black Pepper Chicken Stir-Fry with Rice & Crushed Peanuts

KID FRIENDLY









Jasmine Rice





Capsicum

Black Peppercorns





Chicken Tenderloins

Onion Chutney





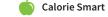
Crushed Peanuts





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!

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
refer to method	refer to method
1¼ cups	2½ cups
1 medium packet	1 large packet
1 medium bag	2 medium bags
1	2
½ sachet	1 sachet
1 small packet	2 small packets OR 1 large packet
1 packet (40g)	2 packets (80g)
1 large packet	2 large packets
1 medium packet	1 large packet
1 packet (200g)	2 packets (400g)
	refer to method 1¼ cups 1 medium packet 1 medium bag 1 ½ sachet 1 small packet 1 packet (40g) 1 large packet 1 medium packet 1 medium packet 1 packet

^{*}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

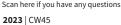
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo 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

- 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!



Cook the stir-fru

- 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.



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.



Serve up

- · Divide jasmine rice between bowls.
- Top with black pepper chicken stir-fry.
- Sprinkle with crushed peanuts to serve. Enjoy!



