



# Chinese Chicken Stir-Fry

with Peanuts & Snow Peas

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Red Onion



Carrot



Capsicum



Snow Peas



Chicken Thigh



Oyster Sauce



Sesame Seeds



Roasted Peanuts

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Eat me early

With a luscious sesame-spiked sauce and a smattering of roasted peanuts to finish the dish, this colourful meal has all the delicious flavours of takeaway, except that it's so much better!

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar, Plain Flour



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan with a lid · Large frying pan or wok

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
red onion	½	1
carrot	1	2
capsicum	1	2
snow peas	1 bag (100g)	1 bag (200g)
chicken thigh	1 small packet	1 large packet
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
rice wine vinegar*	3 tsp	1½ tbs
plain flour*	1 tsp	2 tsp
water* (for the sauce)	2 tsp	1 tbs
sesame seeds	½ sachet	1 sachet
roasted peanuts	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3304kJ (789Cal)	517kJ (123Cal)
Protein (g)	48.1g	7.5g
Fat, total (g)	24.1g	3.8g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	90.2g	14.1g
- sugars (g)	24.7g	3.9g
Sodium (mg)	1779mg	278mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the jasmine rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the **rice** is tender and all the **water** is absorbed, **10-15 minutes**.

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



## 2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion (see ingredients list)**. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **capsicum** into 2cm chunks. Trim the **snow peas**. Chop the **chicken thigh** into 2cm pieces. In a medium bowl, combine the **garlic, oyster sauce, soy sauce, brown sugar, rice wine vinegar, plain flour, water (for the sauce)** and **sesame seeds (see ingredients list)**.



## 3. Cook the chicken

Heat a **drizzle of olive oil** in a large frying pan or wok over a high heat. Add the **chicken** and cook until browned and cooked through, **5-6 minutes**. Season with **salt and pepper**. Transfer to a bowl.

**TIP:** If the pan is getting crowded, cook the chicken in batches for best results!

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 4. Cook the veggies

Return the frying pan or wok to a high heat with a **drizzle of olive oil**. Add the **onion, carrot** and **capsicum**. Then add a **splash of water** and cook until the veggies are starting to soften, **4-5 minutes**. Add the **snow peas** and cook, tossing regularly, until tender, **1-2 minutes**.



## 5. Add the sauce

Return the **chicken** to the pan and pour in the **oyster sauce mixture**. Cook, tossing, until thickened slightly and well coated, **1-2 minutes**. Stir through the **roasted peanuts**.



## 6. Serve up

Divide the jasmine rice and the Chinese chicken stir-fry between bowls.

**Enjoy!**