



Easy Pepper & Onion Chicken Stir-Fry

with Basmati Rice & Peanuts

Grab your Meal Kit with this symbol



Basmati Rice



Green Beans



Carrot



Black Peppercorns



Oyster Sauce



Crushed Peanuts



Chicken Thigh

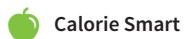


Caramelised Onion Chutney



Prawns

Prep in: 15-25 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

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 · 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	1 large bag
carrot	1	2
black peppercorns	½ sachet	1 sachet
chicken thigh	1 small packet	1 large packet
caramelised onion chutney	1 packet (40g)	2 packets (80g)
oyster sauce	1 packet (100g)	2 packets (200g)
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)	2712kJ (648Cal)	547kJ (130Cal)
Protein (g)	46.6g	9.4g
Fat, total (g)	8.1g	1.6g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	94.2g	19g
- sugars (g)	24.9g	5g
Sodium (mg)	2543mg	513mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2382kJ (569Cal)	540kJ (129Cal)
Protein (g)	26.7g	6.1g
Fat, total (g)	6.2g	1.4g
- saturated (g)	1.1g	0.2g
Carbohydrate (g)	93.7g	21.2g
- sugars (g)	24.4g	5.5g
Sodium (mg)	3096mg	702mg

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

2022 | CW39



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.



Cook the stir-fry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, **green beans** and **carrot** with a pinch of **salt**, tossing occasionally, until **chicken** is browned and cooked through, **5-7 minutes**.
- Remove pan from heat. Add crushed **peppercorns**, **caramelised onion chutney**, **oyster sauce** and a dash of **water**, stirring to combine.

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

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 the 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 **carrot** into half-moons. Lightly crush **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.
- Cut **chicken thigh** into 2cm chunks.

Little cooks: Have a go at crushing the peppercorns!



Serve up

- Divide basmati rice between bowls. Top with black pepper and onion chicken stir-fry.
- Sprinkle with **crushed peanuts** to serve.

Little cooks: Add the finishing touch by sprinkling over the peanuts!

Rate your recipe

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