



# Quick Black Pepper & Sweet Onion Chicken Stir-Fry

with Greens & Rapid Rice

Grab your Meal Kit with this symbol



Basmati Rice



Baby Broccoli



Carrot



Black Peppercorns



Chicken Breast



Onion Chutney



Teriyaki Sauce



Crushed Peanuts



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



Calorie Smart



Eat Me Early

Forget takeout: the path to sweet-and-savoury dinner bliss is as simple as breaking out a fry pan. In this easy recipe, chicken, pepper and onion chutney are coated in tantalizing teriyaki sauce and peanuts are transformed into the perfect crunchy topping. Everything comes together over a steamy bed of rapid rice. The results? A symphony of flavours and textures that are so delicious, you might just lick the bowl.

## 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 packet	1 packet
baby broccoli	1 bag	2 bags
carrot	1	2
black peppercorns	½ sachet	1 sachet
chicken breast	1 packet	1 packet
onion chutney	1 packet (40g)	1 packet (80g)
teriyaki sauce	65g	130g
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (645Cal)	605kJ (145Cal)
Protein (g)	44.4g	10g
Fat, total (g)	13.6g	3g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	83.6g	18.7g
- sugars (g)	16.3g	3.7g
Sodium (mg)	664mg	149mg
Dietary Fibre (g)		

The quantities provided above are averages only.

## Allergens

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

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



## Cook the rapid 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 a high heat until tender, **12 minutes**. Drain and return to the saucepan.



## Stir-fry the chicken & veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over a high heat. Add **chicken**, **baby broccoli** and **carrot**, then season with **salt** and **pepper**. Cook, tossing occasionally, until browned and cooked through, **6-8 minutes**.
- Remove from heat, then stir through crushed **peppercorns**, **onion chutney**, **teriyaki sauce** and a splash of **water**.

**TIP:** Black peppercorns can be hot, add less if you're sensitive to heat.



## Get prepped

- While the rice is cooking, cut **baby broccoli** into bite-sized pieces. Thinly slice **carrot** into half-moons.
- Lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- Cut **chicken breast** into 2cm chunks.



## Serve up

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

## Enjoy!