



Easy Pepper & Onion Chicken Stir-Fry

with Crushed Peanuts & Rapid Rice

Grab your Meal Kit with this symbol



Baby Broccoli



Basmati Rice



Carrot



Black Peppercorns



Diced Chicken



Caramelised Onion Chutney



Oyster Sauce



Crushed Peanuts

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**

Calorie Smart

Eat me early

Forget takeout: the path to sweet-and-savory dinner bliss is as simple as breaking out a fry pan. In this easy recipe, chicken, pepper, and caramelised onion are coated in tantalizing oyster 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 flavors and textures that are so delicious, you might just lick the plate.

Pantry items

Olive Oil, Soy Sauce

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
baby broccoli	1 bunch	2 bunches
basmati rice	1 packet	1 packet
carrot	1	2
black peppercorns	½ sachet	1 sachet
diced chicken	1 packet	1 packet
caramelised onion chutney	1 packet (40g)	2 packets (80g)
oyster sauce	1 packet (100g)	2 packets (200g)
soy sauce*	drizzle	drizzle
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2684kJ (641Cal)	550kJ (131Cal)
Protein (g)	46.8g	9.6g
Fat, total (g)	10.9g	2.2g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	87.6g	18g
- sugars (g)	18.5g	3.8g
Sodium (mg)	2014mg	413mg

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

1



Cook the rapid rice

Boil a kettle of water. Half-fill a medium saucepan with the **boiling water**. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.

2



Get prepped

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

3



Stir-fry the chicken & veggies

SPICY! Black peppercorns can be hot, add less if you're sensitive to heat!

In a large frying pan, heat a generous drizzle of **olive oil** over a high heat. Add the **diced chicken**, **baby broccoli** and **carrot**, then season and cook, tossing occasionally, until browned and cooked through, **5-7 minutes**. Remove from the heat. Stir through the crushed **black peppercorns**, **caramelised onion chutney**, **oyster sauce** and a drizzle of **soy sauce**.

4



Serve up

Divide the rice between bowls. Top with the pepper and onion chicken stir-fry. Garnish with the **crushed peanuts**.

Enjoy!