

# Easy Pepper & Onion Chicken Stir-Fry with Crushed Peanuts & Rapid Rice

Grab your Meal Kit with this symbol











Carrot







Diced Chicken





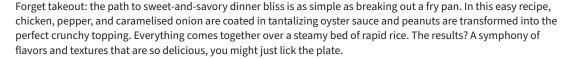
**Oyster Sauce** 



**Crushed Peanuts** 

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







#### 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

9			
	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	

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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.



## 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.



# 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**.



#### Serve up

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

#### Enjoy!