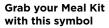
Chinese Chicken Stir-Fry

with Peanuts & Snow Peas









Jasmine Rice







Red Onion







Snow Peas

Capsicum





Chicken Thigh



Sesame Seeds



Oyster Sauce

Roasted Peanuts

Pantry items

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



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!

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

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	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	1/2	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 for allergen and

Visit hellotresh.com.au/toodinto 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!