



Chinese Chicken Stir-Fry

with Peanuts & Snow Peas

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Brown Onion



Carrot



Capsicum



Snow Peas



Chicken Thigh



Oyster Sauce



Sesame Seeds



Roasted Peanuts

Hands-on: **30-40 mins**
Ready in: **35-45 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!

Pantry items

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

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

	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
brown onion	½	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)	516kJ (123Cal)
Protein (g)	48.1g	7.5g
Fat, total (g)	24.1g	3.8g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	91g	14.2g
- sugars (g)	25.6g	4g
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 ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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, until tender, **1-2 minutes**.



Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **brown onion** (see ingredients). Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm chunks. Trim and halve the **snow peas**. Cut 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).



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**.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan or wok over a high heat. Cook the **chicken** until browned and cooked through, **5-6 minutes** (cook in batches if your pan is getting crowded). Season with **salt and pepper**. Transfer to a bowl.



Serve up

Divide the jasmine rice between bowls and top with the Chinese chicken stir-fry.

Enjoy!