



Easy Black Pepper Chicken Stir-Fry

with Sweet Onion, Basmati Rice & Peanuts

Grab your Meal Kit
with this symbol



Basmati Rice



Asian Greens



Carrot



Black Peppercorns



Oyster Sauce



Crushed Peanuts



Caramelised Onion
Chutney



Diced Chicken
Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **20-30** mins



Eat Me Early



Calorie Smart

Lift your stir-fry game by whipping up a robust sauce for the juicy chicken and veggies. Simply reach for the black peppercorns, caramelised onion chutney and oyster sauce in your meal kit to make it happen!

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 |
| basmati rice | 1 medium packet | 1 large packet |
| Asian greens | 1 bunch | 2 bunches |
| carrot | 1 | 2 |
| black peppercorns | 1 medium packet | 1 large packet |
| diced chicken breast | 1 small packet | 1 large packet |
| caramelised onion chutney | 1 packet (40g) | 2 packets (80g) |
| oyster sauce | 1 packet (100g) | 2 packets (200g) |
| soy sauce* | 1 tsp | 2 tsp |
| crushed peanuts | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2711kJ (648Cal) | 539kJ (129Cal) |
| Protein (g) | 46.8g | 9.3g |
| Fat, total (g) | 8.1g | 1.6g |
| - saturated (g) | 1.7g | 0.3g |
| Carbohydrate (g) | 94.3g | 18.8g |
| - sugars (g) | 25.1g | 5g |
| Sodium (mg) | 2653mg | 528mg |
| 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.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

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

3



Cook the stir-fry

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **diced chicken breast** and **carrot** with a pinch of **salt** and **pepper**, tossing occasionally, until chicken is browned and cooked through, **4-6 minutes**. Add **Asian greens** and cook until wilted, **1-2 minutes**.
- Remove from heat. Add crushed **peppercorns**, **caramelised onion chutney**, **oyster sauce** and the **soy sauce**, stirring to combine.

TIP: Chicken is cooked through when it's no longer pink inside.

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

2



Get prepped

- While the rice is cooking, roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Set aside.
- Lightly crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

Little cooks: Have a go at crushing the peppercorns!

4



Serve up

- Divide basmati rice between bowls. Top with black pepper chicken stir-fry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW23



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