

# Kung Pao Chicken & Greens

with Rice & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Zucchini



Green Beans



Garlic



Black Peppercorns



Cornflour



Sesame Oil Blend



Chicken Thigh



Ginger Paste



Chilli Flakes (Optional)



Sichuan Garlic Paste



Herbs



Roasted Peanuts



Beef Strips

**Recipe Update**  
 The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Eat Me Early^  
 Spicy (optional chilli flakes)

This juicy chicken stir-fry is inspired by one of our favourite Chinese restaurant dishes, with our mild Sichuan garlic paste adding the finishing touch. Add chilli if you want more heat, and don't forget the peanuts for crunch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items**  
 Olive Oil, Rice Wine Vinegar, Balsamic Vinegar, Brown Sugar, 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
zucchini	1	2
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
black peppercorns	½ medium sachet	1 medium sachet
cornflour	½ medium packet	1 medium packet
rice wine vinegar*	1 tbs	2 tbs
balsamic vinegar*	½ tbs	1 tbs
sesame oil blend	1 packet	2 packets
brown sugar*	2 tbs	¼ cup
soy sauce*	3 tbs	½ cup
chicken thigh	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
Sichuan garlic paste	1 packet	2 packets
herbs	1 bag	1 bag
roasted peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3994kJ (955Cal)	643kJ (154Cal)
Protein (g)	48.9g	7.9g
Fat, total (g)	31.9g	5.1g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	110.6g	17.8g
- sugars (g)	37.7g	6.1g
Sodium (mg)	1051mg	169mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3945kJ (943Cal)	678kJ (162Cal)
Protein (g)	47g	8.1g
Fat, total (g)	31.4g	5.4g
- saturated (g)	5.6g	1g
Carbohydrate (g)	109.8g	18.9g
- sugars (g)	36.9g	6.3g
Sodium (mg)	1028mg	177mg

The quantities provided above are averages only.

<sup>^</sup>Custom Recipe is not Eat Me Early

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until 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!



## 4 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans**, tossing, until slightly tender, **1-2 minutes**. Add **zucchini** and cook until tender, **3-5 minutes**. Transfer to a bowl.



## 2 Prep the veggies

While rice is cooking, roughly chop **zucchini**. Trim and halve **green beans**. Finely chop **garlic**. Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.



## 5 Cook the chicken

Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned, **4-5 minutes**. Add **garlic**, **ginger paste**, **crushed black peppercorns** and a pinch of **chilli flakes** (if using). Cook, tossing, until fragrant, **1-2 minutes**. Return **zucchini** to pan. Add the **sauce mixture** and cook until sauce is thickened, **1-2 minutes**. Remove from heat. Add **Sichuan garlic paste** and toss to combine.

**TIP:** You may find the peppercorns spicy. Use less if you're sensitive to heat!

## CUSTOM RECIPE

Prepare frying pan the same way as above. When oil is hot, cook beef, tossing, until browned, 1-2 minutes (cook in batches if pan is getting crowded). Continue with the step.



## 3 Prep the sauce & chicken

In a small bowl, combine **cornflour** (see ingredients), the **rice wine vinegar**, **balsamic vinegar**, **sesame oil blend**, **brown sugar**, **soy sauce** and a splash of **water**. Cut **chicken thigh** into 2cm chunks and set aside.

## CUSTOM RECIPE

If you've swapped chicken for beef strips, prep the sauce as above.



## 6 Serve up

Roughly chop **herbs**. Divide rice between bowls. Top with kung pao chicken and greens. Sprinkle with **roasted peanuts** and chopped herbs to serve.

## Enjoy!

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