

# Kung Pao Chicken Stir-fry

## with Jasmine Rice

**hellóchef**

Skip the restaurant take-out in favour of this tasty Chinese supper.

Cals 812 • Prot 53 • Carbs 115 • Fat 21

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🕒 cook: 30 min

R2185





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Stir-fry       | 2 ppl | 3 ppl | 4 ppl |       |
|----------------|-------|-------|-------|-------|
| Chicken breast | 300   | 500   | 600   | Grams |
| Corn starch    | 20    | 30    | 40    | Grams |
| Yellow pepper  | 1     | 2     | 2     | Piece |
| Spring onion   | 40    | 60    | 80    | Grams |
| Snow peas      | 150   | 200   | 300   | Grams |
| Vegetable oil  | 1     | 2     | 2     | Tbsp  |
| Water          | 50    | 75    | 100   | ML    |
| Black pepper   | 0.5   | 0.5   | 1     | Tsp   |

| Sauce                    |    |    |     |       |
|--------------------------|----|----|-----|-------|
| Sweet chilli sauce       | 40 | 60 | 80  | ML    |
| Ginger garlic paste      | 15 | 20 | 30  | Grams |
| Hoisin sauce 3*, 9*, 10* | 30 | 40 | 60  | Grams |
| Soy sauce 9*, 10*, 11*   | 20 | 30 | 40  | ML    |
| Rice vinegar             | 15 | 22 | 30  | ML    |
| Sesame oil 3*, 9*        | 15 | 22 | 30  | ML    |
| Sriracha sauce           | 14 | 21 | 28  | Grams |
| Water                    | 50 | 75 | 100 | ML    |

| Jasmine rice |     |     |     |       |
|--------------|-----|-----|-----|-------|
| Jasmine rice | 150 | 225 | 300 | Grams |
| Water        | 300 | 450 | 600 | ML    |
| Salt         | 0.5 | 1   | 1   | Tsp   |

| To serve          |    |    |    |       |
|-------------------|----|----|----|-------|
| Chilli flakes     | 2  | 2  | 4  | Grams |
| Salted peanuts 1* | 40 | 60 | 80 | Grams |

Allergens

\*3 Sesame Seeds, \*9 Soya, \*10 Wheat, \*11 Gluten, \*1 Peanuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal)        | 3398 / 812   |
| Fat (g)                 | 20.7         |
| of which saturates (g)  | 3            |
| Carbohydrate (g)        | 115          |
| of which sugars (g)     | 22.1         |
| Fiber (g)               | 7.5          |
| Protein (g)             | 52.6         |
| Salt (g)                | 13.7         |

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Start sauce

Meanwhile, to a pan, add the **sweet chilli sauce**, **ginger garlic paste**, **hoisin sauce**, **soy sauce**, **rice vinegar**, **sesame oil**, **sriracha (spicy!)** and a pinch of **chilli flakes (spicy!)**. Reserve the remaining **chilli flakes**. In a separate small glass, whisk (1/1.5/2) tsp of **corn starch** with the **measured water**. Add the **starch mix** to the pan.

**Tip!** if cooking for kids, cook the sauce as instructed leaving out the sriracha and chilli flakes. Once cooked, set aside a portion and add the sriracha and chilli flakes to the remaining sauce



3 Simmer sauce

Place the sauce pan over a medium heat and cook, whisking continuously, until the mixture starts to bubble. Once bubbling, reduce the heat to low and cook, stirring, for 2 min further or until glossy and thickened. Set aside. This is your **stir-fry sauce**.



4 Prep

Meanwhile, chop the **chicken** into bite-sized pieces and add them to a large bowl with the remaining **corn starch** and toss until coated. Deseed and roughly chop the **pepper**. Trim and finely slice the **spring onion**. Trim and slice the **snow peas** in half.



5 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **chicken** and fry for 5 min. Transfer to a plate. Return the pan to a medium-high heat and fry the **pepper** for 3 min. Add the **snow peas** and fry for 3 min. Add the **spring onion** and return the **chicken** to the pan. Fry for a final 2 min or until the **chicken** is cooked through.

**Tip!** If cooking for kids, set aside a portion of the chicken, pepper and snow peas before adding the spring onion.



6 Serve

Add the **stir-fry sauce** and the **salted peanuts** to the pan and toss. Serve over the **rice** and garnish with a pinch of the remaining **chilli flakes (spicy!)**.

**Tip!** If cooking for kids, serve the rice, plain chicken, pepper, snow peas, peanuts, spring onion and the milder sauce separately.