

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.