

Black Pepper Chicken

Stir-Fry

hellóchef

When it comes to quick, mid-week, low-carb suppers, we can't think of a better fit than chicken stir-fry!

Cals 400 • Prot 52 • Carbs 38 • Fat 4

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🕒 cook: 25 min

R2638



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	400	600	800	Grams
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Large red chilli	1	2	2	Piece
Fresh baby corn	150	225	300	Grams
Corn starch	30	30	60	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Sauce				
Black peppercorns	5	10	10	Grams
Water	50	75	100	ML
Soy sauce 9*, 10*, 11*	30	40	60	ML
Honey	15	15	30	Grams
Oyster sauce 8*, 10*	20	30	40	Grams
Rice vinegar	15	22	30	ML

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs

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)	1719 / 400
Fat (g)	3.7
of which saturates (g)	0.7
Carbohydrate (g)	38
of which sugars (g)	16
Fiber (g)	6.4
Protein (g)	52
Salt (g)	4.1

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



1 Prep vegetables

Peel and roughly slice the **red onion**. De-seed and roughly chop the **pepper**. Finely slice the **red chilli**. Slice the **baby corn** in half lengthwise.



2 Make sauce

Grind the **black peppercorns** in a pestle and mortar. Add [0.5/0.5/1] tsp crushed **peppercorns (spicy!)** to a mixing jug. Add the **measured water**, [1/1/2] Tbsp **corn starch, soy sauce, honey, oyster sauce** and **rice vinegar** to the mixing jug and mix until fully combined - This is your **stir-fry sauce**.

Tip! Alternatively, place the peppercorns in a small paper or plastic bag. Using a heavy object such as a rolling pin, meat mallet, or the bottom of a frying pan, gently bash them into a finer consistency.



3 Fry chicken

Slice the **chicken breast** into bite-sized strips. Add the remaining **corn starch** to a plate. Turn the **chicken** strips in the **corn starch** until well coated. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breast** with a pinch of **salt** and cook for 5-6 min until golden and cooked through. Transfer the **chicken** to a plate and reserve the pan.



4 Fry vegetables

Return the pan to a medium-high heat with another generous drizzle of **oil**. Once hot, add the **baby corn** and fry for 3 min or until starting to char slightly. Add the **pepper** and **red onion**. Stir-fry for 3-4 min further or until tender.



5 Toss

Add the **stir-fry sauce** and cook for 1 min or until the **sauce** begins to thicken. Add the **chicken** to the pan and cook for 1 min further. Top with the sliced **red chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the red chilli.



6 Serve

Divide the **stir-fry** among plates and drizzle over any remaining sauce from the pan.