

Chicken and a Zingy Peanut Sauce

with Cauliflower Rice

hellóchef

This take on 'rice' keeps carbs low, but taste to the max!

Cals 569 • Prot 61 • Carbs 43 • Fat 18

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 40 min

R3077



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 pepper	1	2	2	Piece
Snow peas	100	150	200	Grams
Salt	0.5	1	1	Tsp
Corn starch	15	20	30	Grams
Vegetable oil	1	2	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Sesame seeds 3*	10	15	20	Grams

Cauliflower rice

Spring onion	40	60	80	Grams
Cauliflower	400	600	800	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp

Peanut sauce

Peanut butter 1*, 9*	45	65	90	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Honey	15	15	30	Grams
Sriracha sauce	14	21	28	Grams
Lime	1	2	2	Piece

Allergens

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

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)	2381 / 569
Fat (g)	17.6
of which saturates (g)	3.4
Carbohydrate (g)	43
of which sugars (g)	18
Fiber (g)	11.1
Protein (g)	61.3
Salt (g)	3.3

*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

De-seed and finely slice the **pepper**. Trim and slice the **snow peas** diagonally. Trim and chop the **spring onion**. Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2 Make sauce

In a large bowl, whisk the **peanut butter, soy sauce, honey, sriracha (spicy!)** and **lime** juice until combined and smooth.

Tip! Adding a splash of icy water to the sauce will help it emulsify and become smooth.



3 Cauliflower rice

Heat a large frying pan over a medium-high heat. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 7 min. Add the **spring onion** (reserve some for garnish) and cook for 30 sec longer. Remove from heat and set aside.



4 Fry chicken

Meanwhile, slice the **chicken breast** into bite-size strips. Add the **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 **vegetable oil**. Once hot, add the **chicken strips** with a pinch of **salt**.



5 Stir-fry vegetables

Add the **garlic ginger paste, pepper** and **snow peas** to the **chicken**. Stir-fry for 3-5 min further or until the **pepper** begins to soften.



6 Serve

Serve the **chicken** and **vegetables** over the **cauliflower fried rice**. Drizzle with the **sauce** and garnish with **sesame seeds** and any remaining **spring onion**.