

Peanut-Hoisin Chicken Stir-Fry

with Bok Choy and Peppers

30 Minutes





Chicken Thighs





Basmati Rice



Sweet Bell Pepper





Shanghai Bok Choy





Moo Shu Spice Blend

Hoisin Sauce

Peanut Butter



Rice Vinegar

Start here

Wash and dry all produce.

Measurements 1 tbsp within steps

(2 tbsp)

Bust out

Measuring spoons, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

9		
	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	113 g	226 g
Hoisin Sauce	4 tbsp	8 tbsp
Peanut Butter	1 ½ tbsp	3 tbsp
Moo Shu Spice Blend	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

- Add 1 1/4 cups (2 1/2 cups) water, 1 tbsp (2 tbsp) butter and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Prep

- While rice cooks, cut bok choy into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- Core, then cut **pepper** into ½-inch pieces.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board. Add **chicken** to a large bowl. Season with salt, pepper and half the Moo Shu Spice Blend. Toss to combine.

If you've opted to get chicken breasts, prepare and cook them in the same way the recipe instructs you to prepare and cook chicken thighs.**



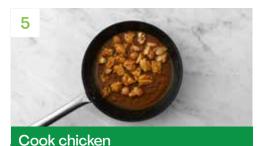
Cook veggies

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then **peppers**. Cook, stirring occasionally, until starting to soften, 1 min.
- Add bok choy. Cook, stirring occasionally, until veggies are tender-crisp, 2-3 min. Season with salt and pepper.
- Remove from heat. Transfer veggies to a plate, then cover to keep warm.



Make sauce

 Add hoisin, vinegar, peanut butter, remaining Moo Shu Spice Blend and 1/2 cup (1 cup) warm water to a small bowl. Season with salt and pepper, then whisk until smooth.



- Add **1 tbsp** (2 tbsp) **oil** to the same pan (from step 3), then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl.) Cook, stirring occasionally, until
- Add sauce to the pan. Bring sauce to a boil.
- Once boiling, reduce heat to mediumlow. Cook, stirring occasionally, until **sauce** thickens slightly and chicken is cooked through, 4-6 min.**
- Remove from heat.

golden-brown, 4-6 min.



Finish and serve

- Fluff rice with a fork.
- Divide **rice** between plates. Top with chicken stir-fry, then veggies.

Dinner Solved!