

# HELLO Peanut-Hoisin Chicken Stir-Fry

with Bok Choy and Peppers

30 Minutes





Customized Protein Add

🚫 Swap)

2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 降

Chicken Breast 310 g | 620 g



Chicken Thighs •



280 g | 560 g



Pepper



Choy



Hoisin Sauce



4 tbsp | 8 tbsp

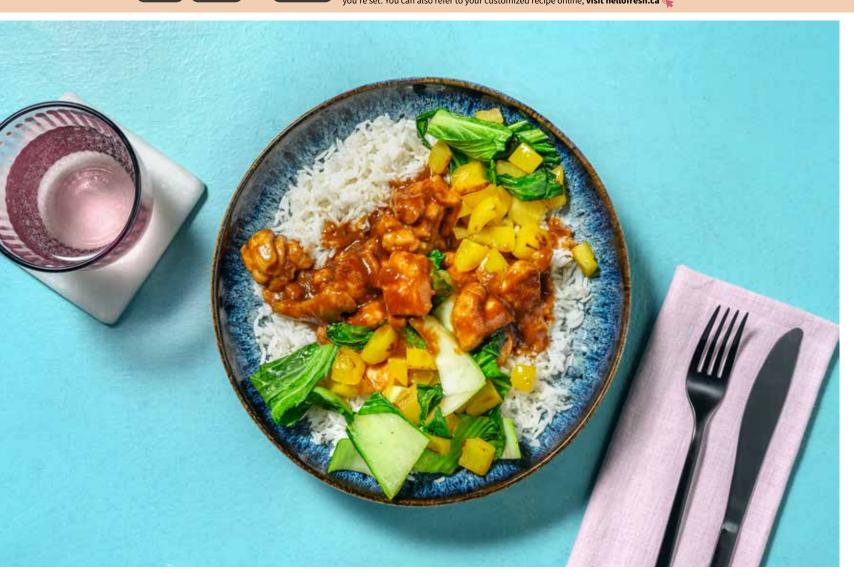
**Peanut Butter** 1 1/2 tbsp | 3 tbsp



Moo Shu Spice Blend 1 tbsp | 2 tbsp



Rice Vinegar 1 tbsp | 2 tbsp



Allengens 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. Cooking utensils | Measuring spoons, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels



# Cook rice

- Wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water,
  1 tbsp (2 tbsp) butter and ¼ tsp (¼ 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

## Swap | Chicken Breast Tenders

## 🗘 Swap | Tofu 🕽

- 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 to a large bowl. Season with salt,
  pepper and half the Moo Shu Spice Blend.
  Toss to combine.



# Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ 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 peanut-hoisin sauce

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



#### Cook chicken

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



## Finish and serve

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

# 2 | Prep chicken breast tenders

1 tbsp

(2 tbsp)

oil

## 🚺 Swap | Chicken Breast Tenders

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

# 2 | Prep tofu

Measurements

within steps

#### Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then prepare and cook in the same way the recipe instructs you to prepare and cook the **chicken**, until crispy and golden brown, 6-7 min.

