



Peanut-Hoisin Chicken Stir-Fry

with Bok Choy and Peppers

30 Minutes

Customized Protein **+** Add **↻** Swap or ***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](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Chicken Breast Tenders 310 g 620 g	Tofu 1 2



Chicken Thighs 280 g 560 g	Basmati Rice ¾ cup 1 ½ cups
Sweet Bell Pepper 1 2	Shanghai Bok Choy 1 2
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

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.

Pantry items | Unsalted butter, oil, salt, pepper

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

1



Cook rice

- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **⅛ 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.

2



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.

3



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.

4



Make peanut-hoisin sauce

- Add **hoisin**, **vinegar**, **peanut butter**, **remaining Moo Shu Spice Blend** and **½ cup** (1 cup) **warm water** to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.

5



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.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep chicken breast tenders

🔄 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

🔄 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.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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