



Peanutty Ground Chicken Stir-Fry

with Snow Peas and Peppers

Family Friendly

20-min meal

20 Minutes



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Ground Chicken



Tofu



Peanut Butter



Ginger Sauce



Garlic Puree



Soy Sauce



Sweet Bell Pepper



Snow Peas



Jasmine Rice



Cilantro



Peanuts, chopped

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO PEANUT BUTTER

This classic spread does wonders for sauces!

Start here

- Before starting, add 1 cup (2 cups) water and $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Medium bowl, measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Tofu	1	2
Peanut Butter	2 tbsp	4 tbsp
Ginger Sauce	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Snow Peas	56 g	113 g
Jasmine Rice	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups
Cilantro	7 g	14 g
Peanuts, chopped	28 g	56 g
Sugar*	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ 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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1



Cook rice

- Once **water** boils, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook ground chicken

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 3-4 min.**
- Add **soy sauce** and **garlic puree**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **tofu**. Cook, stirring often, until golden-brown all over, 6-7 min. Proceed with remaining instructions as written.

2



Prep and toast nuts

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 2-3 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a small bowl.
- Meanwhile, trim, then halve **peas**.
- Core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- Add **peanut butter**, $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) **sugar** and $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **warm water** to a medium bowl. Whisk to combine. Stir in **ginger sauce**, then set aside.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Season with **salt** and **pepper**.

5



Make sauce

- Add **peanut butter mixture** and **veggies** to the pan.
- Cook, stirring often, until **meat** is coated and **sauce** thickens slightly, 2-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.

3



Cook veggies

- Add **1 tbsp** (2 tbsp) **oil** to the same pan (from step 2), then **peppers** and **peas**. Cook, stirring often, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

6



Finish and serve

- Meanwhile, roughly chop **cilantro**.
- Fluff **rice** with a fork, then stir in **half the cilantro**.
- Divide **rice** between bowls.
- Top with **peanutty ground chicken stir-fry**.
- Sprinkle **remaining cilantro** and **toasted peanuts** over top.

Dinner Solved!