



# Spicy Kung Pao Chicken

with Peanuts and Ginger Rice

SPICY

PRONTO

30 Minutes



Chicken Thighs, Skinless



Sweet Bell Pepper



Green Bell Pepper



Garlic



Ginger



Green Onions



Chili Garlic Sauce



Soy Sauce



Sweet Chili Sauce



Jasmine Rice



Peanuts, chopped



Cornstarch

## HELLO KUNG PAO

*Chili, garlic, ginger, and soy combined make a perfect balance of sweet, salty and spicy*

# Start Strong

Before starting, wash and dry all produce.

## Heat Guide for Step 3:

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

## Bust Out

Large Non-Stick Pan, Medium Pot, Paper Towels, Medium Bowl, Measuring Cups, Measuring Spoons

## Ingredients

	2 Person	4 Person
Chicken Thighs, Skinless	340 g **	680 g **
Sweet Bell Pepper	160 g	320 g
Green Bell Pepper	200 g	400 g
Garlic	6 g	12 g
Ginger	30 g	60 g
Green Onions	2	2
Chili Garlic Sauce	1 tsp	2 tsp
Soy Sauce	3 tbsp	6 tbsp
Sweet Chili Sauce 🍷	2 tbsp	¼ cup
Jasmine Rice	¾ cup	1 ½ cup
Peanuts, chopped	28 g	56 g
Cornstarch	2 tbsp	¼ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Minimum weight on chicken

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 1. MARINATE CHICKEN

Pat **chicken** dry with paper towels. Cut **chicken** into 1-inch cubes then place in a medium bowl. Add **1 tbsp soy sauce** (dbl for 4ppl) and **half the cornstarch** to medium bowl with **chicken**. Stir to combine. Season with **salt** and **pepper**. Set aside.



## 4. TOAST PEANUTS & COOK VEGGIES

Heat a large non-stick pan over medium heat. Add the **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Heat same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **peppers** and **garlic**. Cook, stirring often, until tender-crisp, 4-5 min. Transfer **veggies** to another plate.



## 2. COOK GINGER RICE

Peel, then mince or grate **1 tbsp ginger** (dbl for 4ppl). Heat a medium pot over medium heat. When the pot is hot, add **½ tbsp oil** (dbl for 4ppl), then **ginger** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ½ cup water** (2 ½ cups for 4ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 5. FINISH STIR-FRY

Heat same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **chicken**. Cook, stirring occasionally, until browned, 4-5 min. \*\*\* Stir in **veggies** and **cornstarch mixture**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



## 3. PREP

While **rice** cooks, core, then cut **bell peppers** into ½-inch pieces. Thinly slice **green onions**. Peel, then mince or grate the **garlic**. Whisk **remaining soy sauce**, **remaining cornstarch**, **sweet chili sauce**, **½ tsp chili garlic sauce** and **¾-cup water** (dbl both for 4ppl) in a medium bowl. (**NOTE:** Reference Heat Guide in Start Strong.)



## 6. FINISH & SERVE

Fluff **rice** with a fork. Stir in **half the green onions** and season with **salt**. Divide **rice** among plates. Top with **chicken**, **veggies** and **sauce**. Sprinkle with **peanuts** and **remaining green onions**.

# Dinner Solved!