

# HELLO Peanut-Hoisin Chicken Stir-Fry

with Bok Choy and Peppers

30 Minutes



🚫 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

280 g | 560 g





Chicken Breast Tenders •

Basmati Rice

310 g | 620 g

34 cup | 1 1/2 cup



Pepper



Shanghai Bok

1 2







**Peanut Butter** 

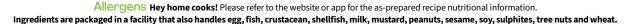
4 tbsp | 8 tbsp



Moo Shu Spice Blend 1 tbsp | 2 tbsp



Seasoned Rice Vinegar 1 tbsp | 2 tbsp



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



# Cook rice

- Before starting, wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) **butter** and **% 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.



# 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.



# Prep

# 🗘 Swap | Chicken Thighs

## O 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 chicken

# 🗘 Swap | Tofu

- 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.



# 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 **peppers** start 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.



## 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 person

oil

## 2 | Prep

## O Swap | Chicken Thighs

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

## 2 | Prep

#### Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke tofu all over, then cut into 1-inch pieces. Season tofu in the same way the recipe instructs you to season the chicken.

#### 5 | Cook tofu

## O Swap | Tofu

Cook **tofu**, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

- 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.