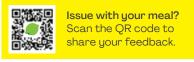


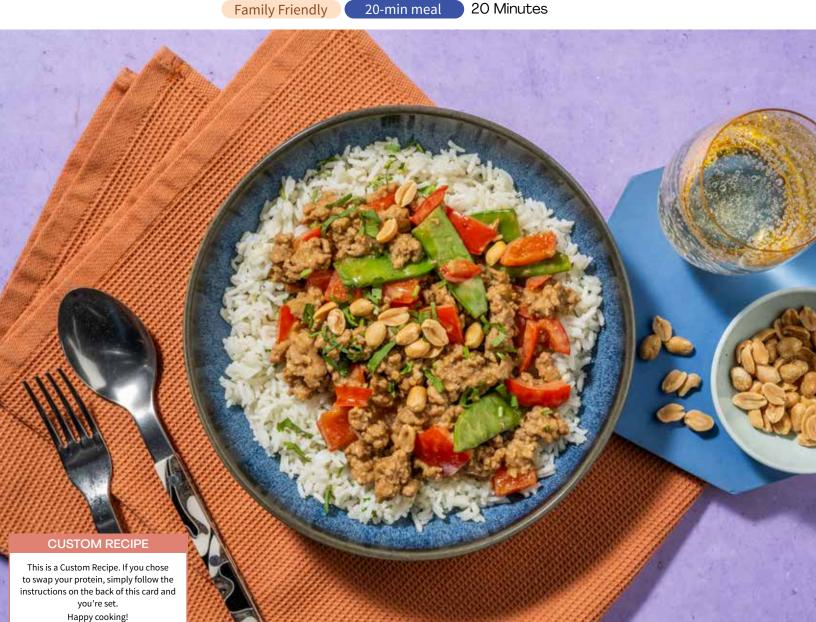
Peanutty Ground Chicken Stir-Fry

with Snow Peas and Peppers

20-min meal

20 Minutes







Ground Chicken





Peanut Butter



Ginger Sauce





Garlic Puree



Sweet Bell Pepper



Soy Sauce

Snow Peas



Jasmine Rice



Cilantro



Peanuts, chopped

Start here

- Before starting, add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- · Cover and bring to a boil over high
- Wash and dry all produce.

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

Bust out

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

Ingredients

ingi calcine		
	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	¾ cup	1 ½ cups
Cilantro	7 g	14 g
Peanuts, chopped	28 g	56 g
Sugar*	1/4 tsp	½ 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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Cook rice

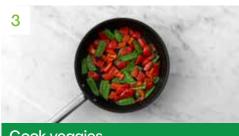
- Once water boils, using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



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 ½-inch pieces.
- Add peanut butter, 1/8 tsp (1/4 tsp) sugar and ¼ cup (½ 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.



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.



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.



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.



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!