



Savoury Apricot Chicken Stir-Fry with Buttered Rice

Family Friendly 30-40 Minutes



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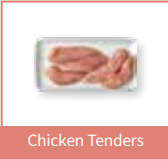


CUSTOM RECIPE

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!



Chicken Thighs



Chicken Tenders



Basmati Rice



Carrot



Sweet Bell Pepper



Peanuts, chopped



Cornstarch



Vegetarian Oyster Sauce



Apricot Spread



Garlic, cloves

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

Before starting, wash and dry all produce.

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

Bust out

Medium bowl, vegetable peeler, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs *	280 g	560 g
Chicken Tenders *	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Peanuts, chopped	28 g	56 g
Cornstarch	1 tbsp	2 tbsp
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Apricot Spread	2 tbsp	4 tbsp
Garlic, cloves	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

† 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.

1



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ 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 from heat. Set aside, still covered.

4



Prep chicken

- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board. Season with **salt** and **pepper**.
- Add **chicken** and **remaining cornstarch** to a medium bowl. Toss to coat.

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

2



Prep and make sauce

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Add **vegetarian oyster sauce**, **apricot spread**, **half the cornstarch** and **½ cup** (1 cup) **water** to a small bowl. Season with **salt** and **pepper**, then whisk to combine.

5



Cook chicken

- Reheat the same pan (from step 3) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl.) Cook until golden-brown, 2-3 min per side.
- Add **veggies** and **sauce** to the pan. Bring **sauce** to a boil. Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 6-8 min.**
- Remove from heat.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, peel, then mince or grate **garlic**.
- When pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **carrots**. Cook, stirring occasionally, until **veggies** begin to soften, 3-4 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**, then season with **salt**.
- Divide **rice** between plates. Top with **chicken**, **veggies** and **any remaining sauce** in the pan.
- Sprinkle **peanuts** over top.

Dinner Solved!



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