



More than Food

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## Chinese Black Bean Chicken

with Water Chestnuts, Mushrooms, and Five-Spice

Chinese five-spice is a pungent mix of star anise, cloves, cinnamon, Sichuan peppercorns, and fennel. Anise-forward and slightly sweet, it perfumes the dish with its unique aroma. Black bean sauce is a staple of Chinese cooking; our version utilizes black beans rather than fermented soybeans to bring a variety of textures to the dish.

45 min

level 1

nut free

gluten free

dairy free



Chicken Breasts



Button Mushrooms



Scallions



Ginger



Garlic



Black Beans



Water Chestnuts, sliced



Soy Sauce



Chicken Stock Concentrate



White Wine Vinegar



Chinese Five-Spice Powder

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Button Mushrooms	4 oz	8 oz
Scallions	2	4
Ginger	1 thumb	2 thumbs
Garlic	2 cloves	4 cloves
Black Beans	1 box	2 boxes
Water Chestnuts, sliced	1 can	2 cans
Soy Sauce	1) 2 T	4 T
Chicken Stock Concentrate	1	2
White Wine Vinegar	2 T	4 T
Chinese Five-Spice Powder	1 T	2 T
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Soy

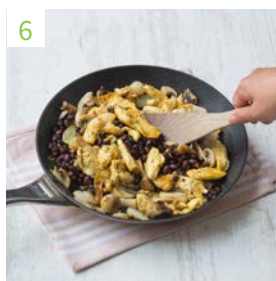
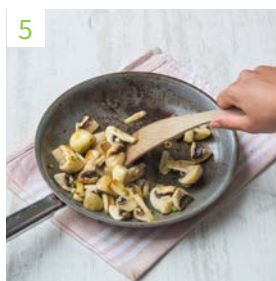
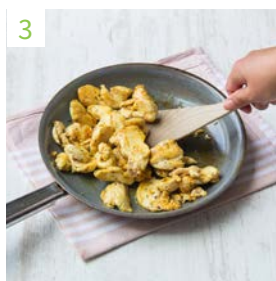
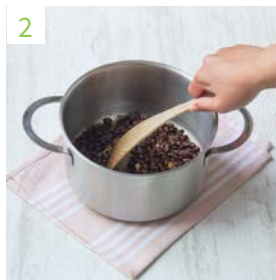
## Tools

Strainer, Medium Pot,  
Large Pan

Ruler

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**Nutrition per person** Calories: 552 cal | Carbs: 45 g | Fat: 12 g | Protein: 59 g | Fiber: 20 g | Sodium: 1022 mg



**1** Drain the **black beans**, but reserve the liquid. Mince or grate the **garlic**. Peel then mince or grate the **ginger**. Thinly slice the **scallions**, keeping the whites and greens separate. Quarter the **mushrooms**. Drain the **water chestnuts**.

**2** **Make the black bean sauce:** heat **1 teaspoon oil** in a medium pot over medium heat. Add the **garlic, ginger**, and **half the Chinese five-spice**. Cook for 1 minute, stirring frequently. Add the reserved **black bean liquid** and **half the black beans**. Add the **soy sauce, chicken stock concentrate**, and **1 cup water** to the pot. Bring to a boil then reduce to a simmer for 15-20 minutes, stirring occasionally.

**3** Thinly slice the **chicken breasts**. Season the chicken with **salt, pepper**, and the **remaining Chinese five-spice**. Heat **1 teaspoon oil** in a large pan over medium-high heat. Add the **chicken** to the pan and cook, tossing, for 5 minutes until cooked through. Set aside.

**4** In the same pan, heat the **vinegar** on medium-high heat. Deglaze the pan by scraping up the brown bits on the bottom of the pan. Reduce the liquid by half and add it to the pot with the **black bean sauce**.

**5** Heat another **1 teaspoon oil** in the same pan over medium-high heat. Add the **mushrooms** and **scallion whites** and cook, tossing, for 5-6 minutes until golden brown. Add the **water chestnuts** to the pan. Cook, tossing, for an additional 2 minutes. Season with **salt** and **pepper**.

**6** Add the remaining **black beans, black bean sauce**, and **chicken** to the pan. Stir to combine and heat through. Taste and season with **salt** and **pepper**.

**7** Serve divided between bowls and garnish with **scallion greens**. Enjoy!