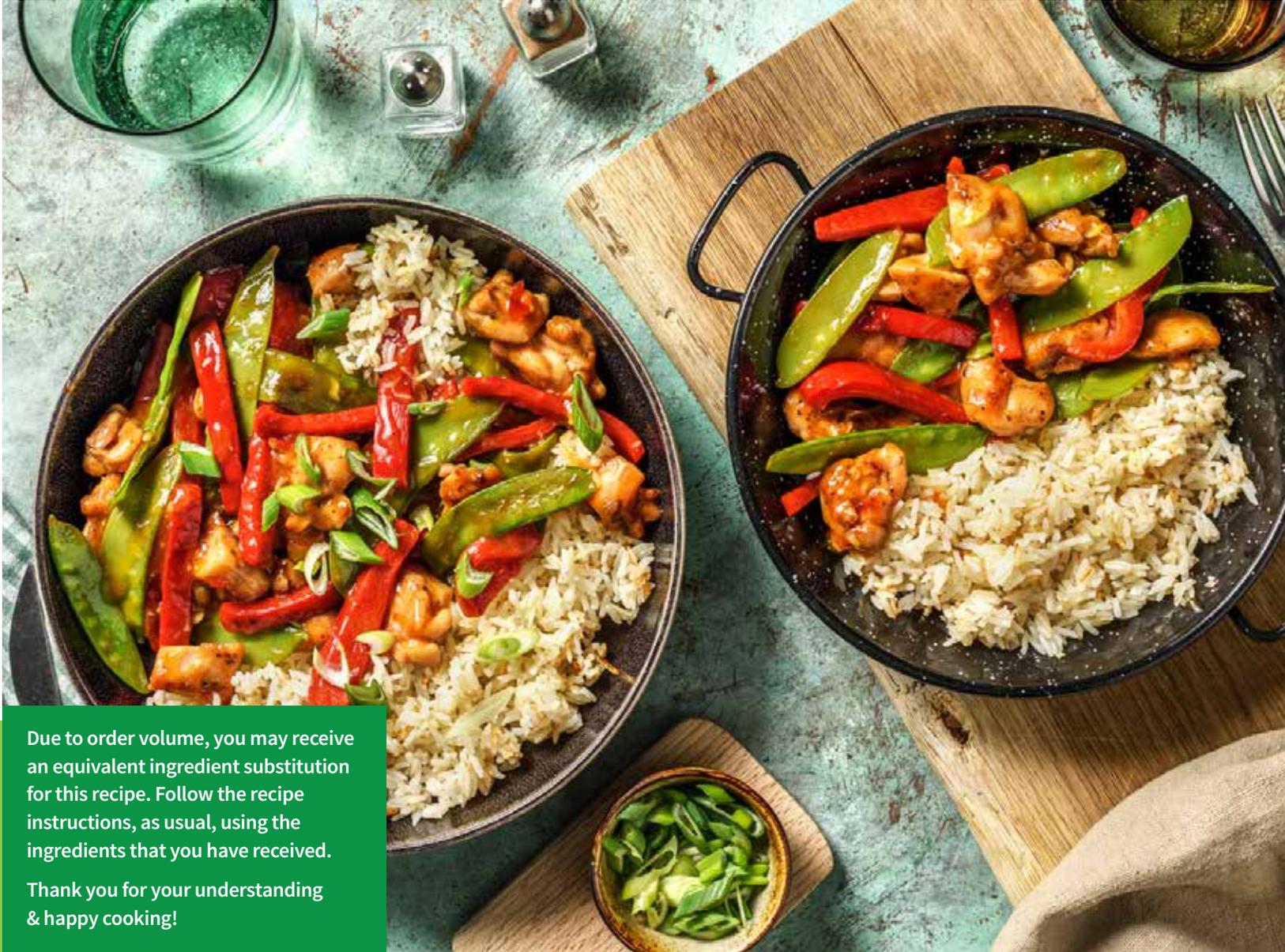




Chinese Salt & Pepper Chicken

With Stir-fried Veggies on Garlic Rice

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Chicken Thighs/Leg
- Sweet Bell Pepper
- Sugar Snap Peas
- Long Grain Rice
- Cornstarch
- Peppercorns, ground
- Sweet Chili Sauce
- Green Onions
- Garlic
- Soy Sauce

HELLO GROUND PEPPERCORNS

Punchy and packed full of intense black pepper flavour!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 1:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: ¾ tsp
- Extra-spicy: 1 tsp

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Sweet Bell Pepper	160 g	320 g
Sugar Snap Peas	113 g	227 g
Long Grain Rice	¾ cup	1 ½ cup
Cornstarch	2 tbsp	4 tbsp
Peppercorns, ground 🌶️	1 ½ tsp	1 ½ tsp
Sweet Chili Sauce	4 tbsp	8 tbsp
Green Onions	2	4
Garlic	6 g	12 g
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

*** Minimum weight on chicken

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.

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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 bowl with **chicken**. Stir to combine. Season with **salt** and **½ tsp peppercorns**. (NOTE: Reference Heat Guide.) Set aside.



Stir-fry veggies

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **peppers** and **snap peas**. Cook, stirring often, until tender-crisp, 4-5 min. Transfer **veggies** to a plate.



Make garlic rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **rice** and **garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min.



Stir-fry chicken

Heat same pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 4-5 min.** (NOTE: Don't overcrowd the pan; cook chicken in two batches for 4 ppl, using 1 tbsp oil for each batch!) Stir in **veggies** and **sweet-chili mixture**. Bring up to a boil. Cook, stirring occasionally, until **sauce** is slightly thickened, 1-2 min. Season with **salt** and **pepper**.



Prep

While **rice** cooks, core, then cut **pepper** into ½-inch slices. Trim **snap peas**. Thinly slice **green onions**. Whisk together **sweet chili sauce**, **remaining soy**, **remaining cornstarch** and **½ cup water** (dbl for 4ppl) in a small bowl.



Finish & serve

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

Dinner Solved!