




Product Spotlight: Peanuts


Although peanuts have “nuts” in their name, they are legumes. Like peas and beans, they are edible seeds enclosed in a pod.



Kung Pao Chickpeas

A flavourful Chinese stir-fry dish with a sweet and savoury sauce featuring chickpeas, tender vegetables and roasted peanuts, all served on a bed of sticky rice.

 25 minutes

 2 servings

 Plant-Based

11 August 2023

About the sauce!

The teriyaki sauce used for this dish contains all the key ingredients for a Kung Pao sauce! To make it even more authentic, you can add some ground Sichuan pepper to the stir-fry.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	18g	92g

FROM YOUR BOX

SUSHI RICE	150g
GINGER	1 piece
GARLIC CLOVE	1
TERIYAKI SAUCE	2 sachets
GREEN BEANS	1 bag (150g)
RED CAPSICUM	1
ZUCCHINI	1
SPRING ONIONS	1 bunch
TINNED CHICKPEAS	400g
ROASTED PEANUTS	1 packet (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried chilli flakes, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can use sesame oil for extra flavour.

For a more authentic flavour, you can use ground Sichuan pepper to season the dish.



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1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **300ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE SAUCE

Peel and grate ginger, crush garlic clove. Combine with teriyaki sauce, **1/2 tbsp cornflour**, **1/2 tbsp vinegar** and **1/2 cup water** in a small bowl. Whisk to combine. Set aside.



3. PREPARE THE VEGETABLES

Trim and halve beans, dice capsicum and zucchini. Slice spring onions (set tops aside for garnish).



4. COOK THE VEGETABLES

Heat a large frypan or wok over high heat with **oil** (see notes). Add vegetables and cook for 4–5 minutes until tender.



5. ADD CHICKPEAS & SAUCE

Drain and add chickpeas with prepared sauce and peanuts. Cook for 2–3 minutes until slightly thickened and caramelised. Sprinkle in **1/4–1/2 tsp chilli flakes**. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Garnish chickpeas with spring onion tops. Serve with rice at the table.

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