



### Product Spotlight: Spring Onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.

## 2 Kung Pao Chickpeas with Crunchy Peanuts

A flavourful sweet and sour stir fry with crunchy peanuts and protein packed chickpeas, served with brown basmati rice and lightly dressed oriental slaw.

 25 minutes

 2 servings

 Plant-Based

16 November 2020

### Spice it up!

*If you prefer a little heat you can add some dried chilli flakes or whole dried chillies to the stir fry as it cooks. If you don't have hoisin sauce you can use soy sauce and some maple syrup instead.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 27g **CARBOHYDRATES** 132g

## FROM YOUR BOX

BASMATI RICE	150g
RED CAPSICUM	1/2 *
SNOW PEAS	1/2 bag (75g) *
SPRING ONIONS	2 *
ORIENTAL SLAW	1 bag (250g)
CHICKPEAS	400g
GARLIC	1 clove
PEANUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, salt and pepper, hoisin sauce, cornflour, apple cider vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you prefer a saucier stir fry you can make 1.5x the sauce. If you have Chinese rice wine vinegar you can use that instead of apple cider vinegar.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE SAUCE

Whisk together **1 1/2 tsp cornflour**, **2 tbsp vinegar**, **2 tbsp hoisin sauce** and **1/2 cup water**. Set aside.



### 3. PREPARE THE VEGGIES

Chop capsicum. Trim and slice snow peas. Slice spring onions (reserve tops for garnish).

Toss oriental slaw with **1 tbsp vinegar**, **1 tbsp sesame oil**, **salt and pepper**. Set aside.



### 4. COOK THE STIR FRY

Heat a frypan over medium–high heat with **1 tbsp sesame oil**. Add drained chickpeas to pan and crush in 1 garlic clove. Cook for 2–3 minutes. Add prepared veggies and cook for a further 2–3 minutes.



### 5. ADD THE SAUCE

Pour in prepared sauce and simmer for 3–5 minutes until thickened. Stir through peanuts and season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide rice and chickpea stir fry among bowls. Serve with a side of slaw. Garnish with reserved spring onion tops.

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