



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 Chicken Stir Fry

A flavourful sweet and sour stir fry with crunchy peanuts and tender chicken pieces, served with basmati rice and lightly dressed oriental slaw.

 30 minutes

 4 servings

 Chicken

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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 honey instead.

Per serve: **PROTEIN** 43g **TOTAL FAT** 14g **CARBOHYDRATES** 85g

FROM YOUR BOX

BASMATI RICE	300g
RED CAPSICUM	1
SNOW PEAS	1/2 bag (125g) *
SPRING ONIONS	1/3 bunch *
ORIENTAL SLAW	1 bag (250g)
CHICKEN STIR FRY STRIPS	600g
GARLIC	2 cloves
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 1.5 x 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 **2 tsp cornflour**, **2 tbsp vinegar**, **3 tbsp hoisin sauce** and **1/2 cup water** (see notes). 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** and 1 tbsp prepared sauce. Add chicken to pan and crush in 2 garlic cloves. Cook for 5 minutes. Add prepared veggies and cook for a further 2-3 minutes.



5. ADD THE SAUCE

Pour in remaining sauce and simmer for 2-3 minutes until thickened. Stir through peanuts and season with **salt and pepper** to taste.



6. FINISH AND PLATE

Serve chicken stir fry with rice and slaw at the table. Garnish with reserved spring onion tops.

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