



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Ginger


Store your ginger in the freezer! Peel or scrub first before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!



2 Peanut Pepper Stir Fry with Chicken Breast Fillets

Zingy and creamy peanut stir fry sauce, with crunchy vegetables and chicken breast fillets.

 30 mins

 4 servings

 Chicken

27 August 2021

Spice it up!

If you are feeling adventurous you can switch the cracked pepper for Sichuan pepper.

Per serve: **PROTEIN** 56g **TOTAL FAT** 10g **CARBOHYDRATES** 15g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
GINGER	1 piece
PEANUT BUTTER	3 slugs
SPRING ONIONS	1/2 bunch *
BABY WOMBOK CABBAGE	1/2 *
BUTTON MUSHROOMS	1 bag (300g)
RED CAPSICUM	1
SNOW PEAS	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, Chinese five spice, soy sauce (or tamari), 1 garlic clove

KEY UTENSILS

2 frypans

NOTES

If you own a wok, this recipe is a great opportunity to use it.

We used sesame oil for extra flavour, but otherwise any neutral oil will work well.



1. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil**, **2 tsp Chinese five spice and salt**. Cook for 10–15 minutes each side or until cooked through.



2. MAKE THE SAUCE

Crush **1 garlic clove**. Grate ginger to yield 3 tsp. Add to a bowl with **1 1/2 tsp cracked pepper**, peanut butter, **1 1/2 tbsp soy sauce** and **1/3 cup water**. Whisk together to combine.



3. CHAR SPRING ONIONS

Heat a large frypan (see notes) over medium-high heat with **oil**. Cut spring onions (reserve green tops) into 3cm pieces. Add to pan and cook for 3–4 minutes until charred.



4. STIR FRY THE VEGGIES

Slice cabbage lengthwise and chop into large pieces. Slice mushrooms and capsicum. Trim and slice snow peas. Add to pan as you go. Cook, stirring, for 4–6 minutes.



5. TOSS WITH SAUCE

Toss the sauce through the stir fry until well coated. Cook for 1–2 minutes. Season with **soy sauce** to taste.



6. FINISH AND PLATE

Thinly slice reserved spring onion tops and slice chicken breast. Divide stir fry among shallow bowls, top with sliced chicken and spring onions.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

