

# DINNERLY



## Make it Carb Conscious

### Kung Pao Chicken



25min



2 Servings

| This version of the recipe is customized with brown rice.

### WHAT WE SEND

- 1 bell pepper
- 1 oz salted peanuts <sup>2</sup>
- 3 oz scallions
- ½ lb pkg chicken breast strips
- 3 oz stir-fry sauce <sup>3,1</sup>
- 5 oz quick-cooking brown rice

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour <sup>1</sup>
- neutral oil
- apple cider vinegar (or white wine vinegar)

### TOOLS

- small saucepan
- medium nonstick skillet

### ALLERGENS

Wheat (1), Peanuts (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 720kcal, Fat 31g, Carbs 78g, Protein 38g



#### 1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve.

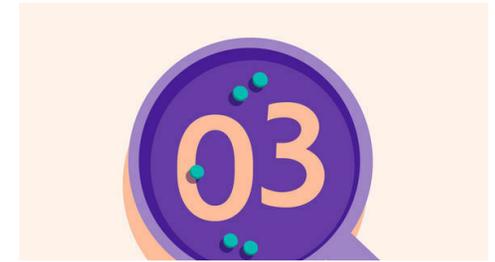


#### 2. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into ½-inch strips. Thinly slice **2 large garlic cloves**. Coarsely chop **peanuts**.

Trim ends from **scallions**. Thinly slice scallion whites and light greens; cut dark greens into 2-inch pieces, keeping them separate.

Pat **chicken** dry; sprinkle all over with **1 tablespoon flour**, then season with **salt** and **pepper**.



#### 3. Cook peppers

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **peppers** and **a pinch each of salt and pepper**; cook, stirring occasionally, until browned and crisp-tender, about 3 minutes.



#### 4. Cook chicken & prep sauce

To skillet with **peppers**, add **1 tablespoon oil**, **sliced garlic**, **scallion whites and light greens**, and **chicken**; cook, stirring occasionally, until chicken is browned and cooked through, 3–4 minutes.

Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **2 tablespoons water**, **2 teaspoons oil**, and **1 teaspoon vinegar**.



#### 5. Finish & serve

To same skillet, stir in **stir-fry sauce mixture** and **scallion dark greens**; cook, tossing, until well coated and slightly thickened, 1–2 minutes. Fluff **rice** with a fork.

Serve **kung pao chicken** over **rice** with **chopped peanuts** over top. Enjoy!



#### 6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.