

DINNERLY



Kung Pao Chicken & Brown Rice

with Green Beans & Bell Pepper

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



25min



2 Servings

WHAT WE SEND

- 5 oz quick-cooking brown rice
- 1 bell pepper
- 1 oz salted peanuts ²
- 1 bunch scallions
- ½ lb pkg chicken breast strips
- 3 oz stir-fry sauce ^{3,1}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour ¹
- 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 730kcal, Fat 32g, Carbs 78g, Protein 39g



1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



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.

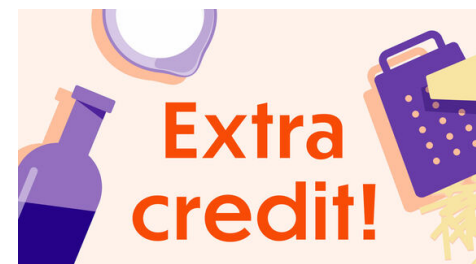
Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **2 tablespoons water**, **2 teaspoons oil**, and **1 teaspoon vinegar**.



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.