

DINNERLY



Kung Pao Chicken Meatballs with Peppers & Peanuts



40-50min



2 Servings

If there's one word that perks up our ears and gets our stomachs rumbling, it's "meatball." And if you slap "kung pao chicken" in front of it, we'll come running. Tossed in a garlicky stir-fry sauce, these chicken meatballs couldn't pair better with sautéed peppers, crisp scallions, and crunchy peanuts. We've got you covered!

WHAT WE SEND

- 5 oz brown rice
- 2 scallions
- 1 bell pepper
- 1 oz salted peanuts ⁵
- 10 oz pkg ground chicken
- 1 oz panko ¹
- 2 (3 oz) stir-fry sauce ^{1,6}

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- garlic
- distilled white vinegar (or vinegar of your choice)
- sugar

TOOLS

- rimmed baking sheet
- small saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 21g, Carbs 102g, Protein 45g



1. Cook brown rice

Preheat broiler with a rack in the upper third. Lightly **oil** a rimmed baking sheet.

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35–40 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



2. Prep ingredients

Trim ends from **scallions** and thinly slice, keeping dark greens separate. Halve **pepper**; discard stem and seeds, then thinly slice. Finely chop **2 teaspoons garlic**. Using a rolling pin or mallet, crush **peanuts**.

In a medium bowl, mix to combine **chicken, scallion whites and light greens, half of the chopped garlic, 1/3 cup panko, 1 teaspoon salt, and a few grinds of pepper**.



3. Broil meatballs

Shape **chicken mixture** into **12 meatballs**, about 1 tablespoon each. Transfer to prepared baking sheet, spaced at least 1/2-inch apart. Drizzle with **oil**.

Broil on upper oven rack until just starting to brown and cooked through, 5–8 minutes (watch closely as broilers vary).



4. Cook peppers

Meanwhile, heat **2 teaspoons 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 5 minutes.

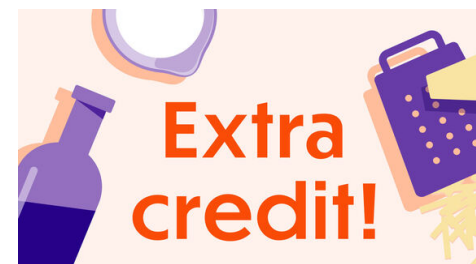
In a small bowl, stir to combine **all of the stir-fry sauce, remaining chopped garlic, 2 tablespoons water, 2 teaspoons each of oil and vinegar, and 1/2 teaspoon sugar**.



5. Finish & serve

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

Serve **kung pao chicken meatballs** and **peppers** over **brown rice** with **peanuts** and **scallion dark greens** over top. Enjoy!



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