

# DINNERLY



## Kung Pao Chicken Meatballs & Cauliflower Rice

with Peppers & Peanuts



20-30min



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, crunchy peanuts, and cauliflower rice. We've got you covered!

## WHAT WE SEND

- 12 oz cauliflower rice
- 2 scallions
- 1 bell pepper
- 1 oz salted peanuts<sup>1</sup>
- 10 oz pkg ground chicken
- 1 oz panko<sup>3</sup>
- 2 (3 oz) stir-fry sauce<sup>2,3</sup>

## WHAT YOU NEED

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

## TOOLS

- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 570kcal, Fat 21g, Carbs 54g, Protein 44g



### 1. CAULI RICE VARIATION

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

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt and pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.



### 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 reserved 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.

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



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