

DINNERLY



Sweet Chilli Chicken and Prawn Stir-Fry with Steamed Rice



25 minutes



2 Servings

Looking for dinner on the table quick smart? These fast recipes are ready in 25 minutes or less and all come with yumness guaranteed.

WHAT WE SEND

- 150g jasmine rice
- 1 capsicum
- 1 carrot
- 1 spring onion
- 2 garlic cloves
- chicken breast fillet
- 50g sweet chilli sauce
- 200g peeled prawns¹

WHAT YOU NEED

- 1 tbs tomato sauce
- 1 tbs soy sauce²
- 1 tsp white vinegar
- 1 tbs vegetable oil

TOOLS

- small saucepan with lid
- medium deep frypan

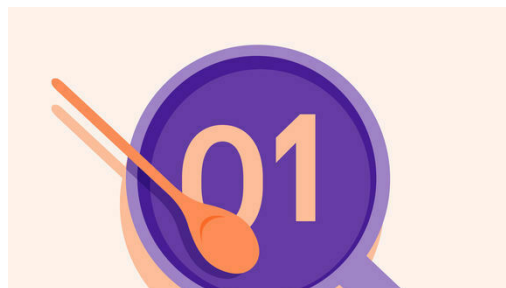
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Crustacean (1), Soy (2). May contain traces of other allergens.

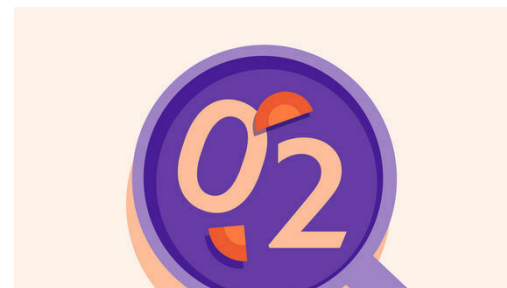
NUTRITION PER SERVING

Energy 690kcal, Fat 12.7g, Carbs 86.8g, Protein 53.6g



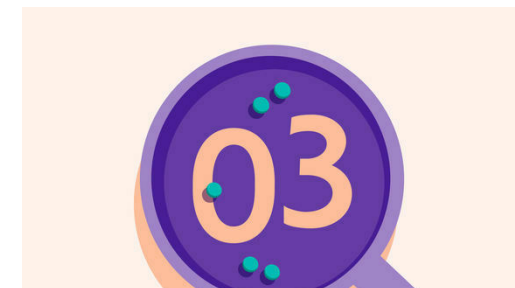
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



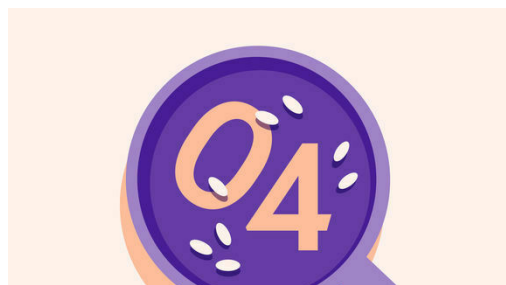
2. Prep ingredients

Meanwhile, thinly slice the **capsicum**. Halve the **carrot** lengthwise and thinly slice on an angle. Cut the **white part of the spring onion** into 3cm lengths, then thinly slice the **green part**. Crush or finely chop **2 garlic cloves**. Slice the **chicken** on an angle into 2cm-thick strips, then season with **salt and pepper**.



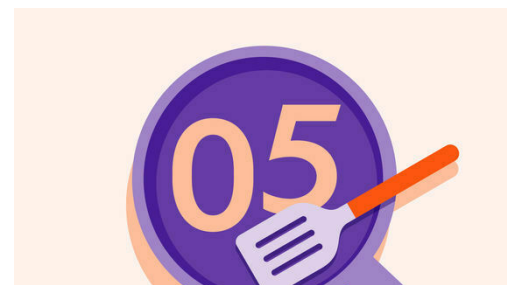
3. Stir-fry chicken

Combine the **sweet chilli sauce** (see Make it milder), **1 tbs tomato sauce**, **1 tbs soy sauce** and **1 tsp white vinegar** in a bowl. Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Stir-fry the **chicken** for 4 mins or until browned and cooked through. Add the **garlic** and stir-fry for 30 secs or until fragrant. Remove from the pan.



4. Cook prawns and veggies

Heat **2 tsp vegetable oil** in the same pan over high heat. Cook the **prawns**, stirring, for 2-3 mins until just cooked through. Remove from the pan. Add the **capsicum**, **carrot**, **white part of the spring onion** and **1 tbs water** to the pan and stir-fry for 3-4 mins until the veggies are tender but still with crunch.



5. Serve up

Add the **chicken**, **prawns** and **sauce mixture** to the veggies and stir-fry for 30 secs or until warmed through. Taste, then season with **salt and pepper**. Divide the **rice** and **chicken and prawn stir-fry** among bowls, scatter with the **remaining spring onion** and enjoy!



6. Make it milder

The sweet chilli sauce has a very mild chilli kick. We've suggested this amount for flavour, but if you prefer less heat or have little ones, reduce to taste.