






More Than Food

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Hoisin Stir Fry with Rice, Yellow Pepper and Sugar Snap Peas

Happy Chinese New Year everyone! We had to make this dish to honour the occasion. Chinese New Year is all about sweeping away the bad luck of the year before and making way for a whole lot of new luck. So, as the Cantonese would say “Gong Hey Fat Choy” – we’re wishing you lots of luck (and delicious food)!



30 mins



spicy



lactose free



veggie



Brown Rice (1 cup)



Red Onion (1/2)



Garlic Clove (1)



Red Chilli (1 tsp)



Coriander (3 tbsp)



Celery (1 stick)



Yellow Pepper (1/2)



Ginger (1 tbsp)



Aubergine (1/2)



Cornflour (1 tbsp)



Sugar Snap Peas (1/2 pack)



Lime (1/2)




Hoisin Sauce (3 tbsp)



Salted Peanuts (2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Brown Rice	1 cup	
Red Onion, sliced	½	
Garlic Clove, chopped	1	
Red Chilli, chopped	1 tsp	
Coriander, chopped	3 tbsp	
Celery, sliced	1 stick	Celery
Yellow Pepper, chopped	½	
Ginger, chopped	1 tbsp	
Aubergine, chopped	½	
Cornflour	1 tbsp	
Sugar Snap Peas	½ pack	
Lime	½	
Hoisin Sauce	3 tbsp	Gluten, Sulphites, Soya
Salted Peanuts	2 tbsp	Peanut

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 641 kcal | Protein: 21 g | Carbs: 121 g | Fat: 16 g | Saturated Fat: 3 g



1 Bring a large pot of water to a rapid boil with ¼ tsp of salt. Wash the rice under running water for 30 seconds (important step!). Boil the rice for 25 mins until soft enough to eat. Drain the rice and put it back in the pot off the heat and cover with a tea towel.

2 Peel and slice the onion in half lengthways and then very thinly slice half of it into half moon shapes. Peel and finely chop the garlic. Then finely chop the chilli and roughly chop the coriander. Thinly slice the celery widthways and chop the pepper into 3cm chunks. Peel the ginger using the edge of a spoon and then very finely chop.

3 Slice the aubergine in half lengthways then slice each half lengthways into four strips. Now chop widthways into 2-3cm chunks. Toss the aubergine chunks in the cornflour together with a pinch of salt and pepper.

4 Heat 2 tsp of oil in a non-stick frying pan on high heat. Once

really hot, carefully add in the aubergine. Stir fry the aubergine for 5 mins while you toss the pan and add more oil if needed. Remove the aubergine from the pan and set to the side.

5 Heat 1 tbsp of oil in the same frying pan and add in the onion, garlic, chilli and ginger. After 1 minute, add the yellow pepper and cook for 2 mins.

6 Now add the sugar snap peas and the celery and cook for another minute. Add 2 tbsp of water and cover the pan. Leave to cook for another 2 mins.

7 Squeeze the juice of half the lime into the hoisin sauce. Take the lid off the stir-fry and add in the sauce together with the aubergine. Sprinkle over the chopped coriander and the peanuts. Toss everything together for a minute and then serve with the rice.