



FAST. EASY. FRESH.

PEANUT KUNG PAO CHICKPEA AND BRUSSELS SPROUTS STIR-FRY WITH BROWN RICE

1. Start by combining the **brown rice** with 3 cups of water and a pinch of **salt** in a small pot. Bring to a boil, then reduce the heat to low, and simmer, covered, for 15-18 minutes. Remove from the heat and set aside.

2. Meanwhile, trim the ends off the **brussels sprouts** and cut them in half, or quarters if they are larger. De-seed and dice the **sweet bell pepper**, peel and dice the **red onion**, and peel and mince the **garlic**. Drain the **chickpeas** and give them a quick rinse.

3. Next, make the kung pao sauce. In a small bowl whisk together the **garlic**, **red pepper flakes**, **Sauce Base** (**ginger**, **apple cider vinegar**, **soy sauce**, **sugar**), **cornstarch**, and **peanut butter**, until the cornstarch completely dissolves. Set aside.

4. In a large pan or wok (there will be a lot of vegetables!), heat the **sesame oil** over medium-high heat. Once hot, add the **brussels sprouts**, cook and stir frequently until they begin turning slightly golden brown, about 3-5 minutes.

5. Add the **red onion** and **pepper** to the pan and sauté until the onion becomes slightly translucent and golden brown, about 3-4 minutes. Season with **salt** and **pepper** to taste, then add the **chickpeas** and stir to combine.

6. Turn the heat to low, and the kung pao sauce and stir frequently until the sauce just begins to thicken slightly, 1-2 minutes. To serve, spoon the rice into dishes and top with the stir-fried vegetables. Garnish with thinly sliced **green onion**. Enjoy!

Ingredients (4 Person Serving – 721 Calories Per Serving)

Sesame Oil	4 Tbsp.
Brussels Sprouts	600 g
Red Onion	1 Large
Sweet Bell Pepper	1 Large
Chickpeas	1 540 ml Can
Garlic	6 Cloves
Red Pepper Flakes	2 tsp.
Ground Ginger	1 tsp.

Apple Cider Vinegar	2 Tbsp.
Soy Sauce	4 Tbsp.
Sugar	2 tsp.
Cornstarch	1 Tbsp.
Peanut Butter	50 g
Green Onion	4 Stalks
Converted Brown Rice	1 ½ Cups
Salt and Pepper	To Taste



35 Minute
Cook
Time!