



FAST. EASY. FRESH.

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

**1.** Start by combining the **brown rice** with 1 ½ 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 **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**, **peanut butter**, **sugar**) and **cornstarch** until the cornstarch completely dissolves. Set aside.

**4.** In a large pan, 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 **sweet bell 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 (2 Person Serving – 721 Calories Per Serving)

Sesame Oil	2 Tbsp.	Apple Cider Vinegar	1 Tbsp.
Brussels Sprouts	300 g	Soy Sauce	2 Tbsp.
Red Onion	1 Small	Sugar	1 tsp.
Sweet Bell Pepper	1 Small	Cornstarch	½ Tbsp.
Chickpeas	1 398 ml Can	Peanut Butter	25 g
Garlic	3 Cloves	Green Onion	2 Stalks
Red Pepper Flakes	1 tsp.	Converted Brown Rice	¾ Cup
Ground Ginger	½ tsp.	Salt and Pepper	To Taste



**35** Minute  
Cook  
Time!