

CHICKEN STIR-FRY

with Cashew Nuts and Black Bean Sauce





You've heard of cashew nuts, but did you know they actually grow attached to cashew apples!



Spring Onion







Diced Chicken Thigh



Tenderstem® Broccoli



Cornflour

Egg Noodle Nest





Sugar Snap Peas





Black Bean Sauce



Rice Vinegar



Cashew Nuts

20 mins



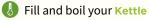
(iii) Rapid recipe





Quick, delicious and easy to prep, this sizzling chicken stir-fry will be on the table in 20 minutes. Bursting with fresh zingy flavours and packed with fresh good-for you ingredients, this easy recipe will take your stir-fry game to the next level.









BEFORE YOU

🚺 Fill and boil your Kettle : 🎧 Wash the veggies. : 🜓 Make sure you've got a Fine Grater (or Garlic Press), Mixing Bowl, Large Saucepan, Colander and Large Frying Pan. Let's start cooking the Chicken Stir-Fry with Cashew Nuts and Black Bean Sauce.



DO THE PREP

- a) Trim the ends off the spring onion and finely slice.
- b) Peel and grate the garlic (or use a garlic press).
- c) Toss the chicken and cornflour together in a mixing bowl to coat.
- d) Cut the tenderstem® into thirds widthways.



2 BOIL THE NOODLES

- a) Add the boiling water to a large saucepan with a pinch of salt and bring to the boil.
- b) Cook the **noodles** and **broccoli**, 3-4 mins.
- c) Drain in a colander and leave to the side.



5 FRY THE CHICKEN

- a) Meanwhile, heat a large frying pan (or wok) with a splash of oil over medium-high heat.
- b) Add the chicken and stir-fry until golden and cooked through, 7-10 mins.
- c) **(1) IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



62 Protein (g) 14 5.90 1.36 Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2 - 4 PEOPLE

Spring Onion

Garlic Clove

Cornflour

Diced Chicken Thigh

Tenderstem® Broccoli

Egg Noodle Nest 8) 13)

Sugar Snap Peas

Soy Sauce 11) 13)

Black Bean Sauce

Easy Ginger

Rice Vinegar

Cashew Nuts 2)

NUTRITION PER

Energy (kcal)

Fat (g)

Sat. Fat (g)

Sugars (g)

Carbohydrate (g)

(kJ)

UNCOOKED INGREDIENT

INGREDIENTS

2P

2

1

280g

10g

1 pack

2

1 bag

1 sachet

1 sachet

1 tbsp

1 sachet

25g

PER SERVING

433G

706

2952

20

5

71

7

4

2

560g

20g

2 packs

2 bags

2 sachets

2 sachet

2 tbsp

2 sachets

25g

100G

163

683

1

16

2

2) Nut 8) Egg 11) Soya 13) Gluten

🔝 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK



FINISH THE STIR-FRY

- a) Stir in the sugar snaps.
- b) Add the spring onion, garlic and ginger to the pan and stir-fry for 1 minute.
- c) Add the soy sauce, black bean sauce, rice vinegar and a splash of water and mix everything together.



5 COMBINE

- a) Add the drained noodles and broccoli to the frying pan and warm everything through for 1 minute.
- b) Lightly bash the cashew nuts inside the sachet so they break into little pieces.



6 SERVE

a) Divide the stir-fry between your bowls and top with the cashew nut pieces.

ENJOY!