



CHICKEN STIR-FRY

with Cashew Nuts and Black Bean Sauce



HELLO CASHEW NUTS

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



Spring Onion



Garlic Clove



Diced Chicken Thigh



Cornflour



Tenderstem® Broccoli



Egg Noodle Nest



Sugar Snap Peas



Easy Ginger



Soy Sauce



Black Bean Sauce



Rice Vinegar



Cashew Nuts

MEAL BAG

20 mins

Rapid recipe

1 of your 5 a day

Little heat

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.

GET **PREPARED!**

Fill and boil your **Kettle**

16

BEFORE YOU START

🔗 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**.



1 DO THE PREP

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



2 BOIL THE NOODLES

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



3 FRY THE CHICKEN

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



4 FINISH THE STIR-FRY

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



5 COMBINE

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



6 SERVE

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

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 4P |
|------------------------|----------|-----------|
| Spring Onion | 2 | 4 |
| Garlic Clove | 1 | 2 |
| Diced Chicken Thigh | 280g | 560g |
| Cornflour | 10g | 20g |
| Tenderstem® Broccoli | 1 pack | 2 packs |
| Egg Noodle Nest 8) 13) | 2 | 4 |
| Sugar Snap Peas | 1 bag | 2 bags |
| Easy Ginger | 1 sachet | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 2 sachet |
| Black Bean Sauce | 1 tbsp | 2 tbsp |
| Rice Vinegar | 1 sachet | 2 sachets |
| Cashew Nuts 2) | 25g | 25g |

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 433G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 706 | 163 |
| (kJ) | 2952 | 683 |
| Fat (g) | 20 | 5 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 71 | 16 |
| Sugars (g) | 7 | 2 |
| Protein (g) | 62 | 14 |
| Salt (g) | 5.90 | 1.36 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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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