

CHICKEN STIR-FRY

with Cashew Nuts and Broccoli





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



Spring Onion



Ginger





Diced Chicken Thigh

Garli Clove





Tenderstem® Broccoli



Egg Noodles



Sugar Snap Peas







Rice Vinegar



Cashew Nuts

20 mins

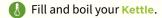




Rapid recipe

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, Mixing Bowl, Large Saucepan, Colander and Large Frying Pan. Let's start cooking the Chicken Stir-Fry with Cashew Nuts and Broccoli.



DO THE PREP

- a) Trim the ends off the spring onion and finely slice.
- b) Peel and grate the ginger and garlic (or use a garlic press).
- c) Toss the chicken and cornflour together Remember to wash your hands and equipment after handling raw meat.
- d) Cut the tenderstem® into thirds widthways.



2 BOIL THE NOODLES

- a) Pour the boiling water from your kettle into a large saucepan with a pinch of salt and bring back to the boil.
- b) Cook the noodles and tenderstem[®], 3-4 mins.
- c) Drain in a colander and leave to the side.



3 COOK THE CHICKEN

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



Salt (g) Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS** 2) Nut 8) Egg 11) Soya 13) Gluten

Spring Onion *

Garlic Clove *

Diced Chicken Thigh

Sugar Snap Peas *

Soy Sauce 11) 13)

Rice Vinegar

Cashew Nuts 2)

* Store in the Fridge

(kJ)

Carbohydrate (g)

UNCOOKED INGREDIENT

(kcal)

NUTRITION PER

Energy

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

Feijoada Paste11) 13)

Ginger *

Cornflour

Broccoli* Egg Noodles 8) 13)

Tenderstem®

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.

INGREDIENTS

2

½ piece

1

280g

10g

1 pack

2 nests

1 bag

1 sachet

1 pot

1 bag

3

1 piece

11/2

420g

15g

1½ packs

3 nests

1½ bags

1½ pots

1½ bags

1 sachet 1½ sachets

PER SERVING

433G

663

2772

19

4

67

8

58

5.09

1½ sachets 2 sachets

1 piece

2

560g

20g

2 packs

4 nests

2 bags

2 tbsp

2 pots

2 bags

PER

100G

153

641

4

1

15

2

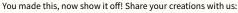
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1.18

FSC

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#HelloFreshSnaps

HelloFresh UK

The Fresh Farm 60 Worship St, London EC2A 2EZ YOU CAN RECYCLE ME!



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, feijoda paste, rice vinegar and a splash of water and mix everything together.



5 COMBINE

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



6 SERVE

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

Enjoy!