



# CHICKEN STIR-FRY

with Cashew Nuts and Broccoli



## HELLO CASHEW NUTS

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



Spring Onion



Ginger



Garlic Clove



Diced Chicken Thigh



Cornflour



Tenderstem® Broccoli



Egg Noodles



Sugar Snap Peas



Soy Sauce



Feijoada Paste



Rice Vinegar



Cashew Nuts

MEAL BAG

20 mins

2 of your 5 a day

Little heat

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.

GET **PREPARED!**

Fill and boil your **Kettle**.

# BEFORE YOU START

🔗 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**.



## 1 DO THE PREP

- Trim the ends off the **spring onion** and finely slice.
- Peel and grate the **ginger** and **garlic** (or use a garlic press).
- Toss the **chicken** and **cornflour** together in a mixing bowl to coat. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.
- Cut the **tenderstem**® into thirds widthways.



## 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**, **fejioda paste**, **rice vinegar** and a splash of **water** and mix everything together.



## 2 BOIL THE NOODLES

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



## 5 COMBINE

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



## 3 COOK THE CHICKEN

- Meanwhile, heat a splash of **oil** in a large frying pan (or wok) 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.



## 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	3P	4P
Spring Onion *	2	3	4
Ginger *	½ piece	1 piece	1 piece
Garlic Clove *	1	1½	2
Diced Chicken Thigh *	280g	420g	560g
Cornflour	10g	15g	20g
Tenderstem®	1 pack	1½ packs	2 packs
Broccoli*			
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Sugar Snap Peas *	1 bag	1½ bags	2 bags
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Feijioda Paste 11) 13)	1 pot	1½ pots	2 tbsp
Rice Vinegar	1 sachet	1½ sachets	2 pots
Cashew Nuts 2)	1 bag	1½ bags	2 bags

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 433G	PER 100G
Energy (kcal)	663	153
(kJ)	2772	641
Fat (g)	19	4
Sat. Fat (g)	4	1
Carbohydrate (g)	67	15
Sugars (g)	8	2
Protein (g)	58	13
Salt (g)	5.09	1.18

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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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