



Cooking Made Easy

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Seasonal Asparagus Stir Fry with Protein Packed Cashews

Ahhhh asparagus season, thou art too short! One of our favourite seasons has rolled around again and we plan to make the most of it. This tasty little Chinese number evokes memories of our first ever Chinese restaurant experience, but we've reworked the recipe for maximum nutrition and freshness. Sihk faahn! (that's Cantonese for bon appetit!)



25 min



lactose free



veggie



healthy



Asparagus



Tenderstem Broccoli



Spring Onion



Garlic Clove



Ginger



Cashew Nuts



Egg Noodles



Soy Sauce



Yellow Bean Sauce



Rice Vinegar



Sesame Oil

Ingredients

	2P	4P
Asparagus, chopped	1 cup	2 cups
Tenderstem Broccoli	1 cup	2 cups
Spring Onion, sliced	1	2
Garlic Clove, diced	1	2
Ginger, diced	1 tbsp	2 tbsp
Cashew Nuts 1	1½ tbsp	3 tbsp
Egg Noodles 2, 3	2 nests	4 nests
Soy Sauce 3, 4	1 tbsp	2 tbsp
Yellow Bean Sauce 3, 4, 6	2 tbsp	4 tbsp
Rice Vinegar	½ tbsp	1 tbsp
Sesame Oil 5	½ tbsp	1 tbsp

Nutrition per serving: Calories: 420 kcal | Protein: 15 g | Carbs: 57 g | Fat: 14 g | Saturated Fat: 2 g

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | **2)** Egg
3) Gluten | **4)** Soya
5) Sesame | **6)** Sulphites



1 Remove the woody end of the asparagus and chop into 4cm pieces. Cut the very end off the Tenderstem broccoli. Finely slice the spring onion, separating the white and green parts. Peel the garlic and ginger and finely dice.



2 In a dry pan, toast off the cashew nuts for a few mins until golden. As always, watch your nuts closely as they can burn quickly. Remove and leave to the side.

3 Boil a large pot of water with ¼ tsp of salt for the noodles and Tenderstem. Boil the noodles for 4 mins until just cooked and add the Tenderstem for the last 2 mins. Drain and rinse them under cold running water and put back in the pan filled with cold water.



4 In the same pan you used for the nuts, now add 1 tbsp of oil over a high heat. Add the asparagus and fry off for 3 mins, remove from the pan and reduce the heat to medium.



5 Mix the soy sauce, yellow bean sauce and rice vinegar with 3 tbsp of water.

6 Add the whites of the spring onion, garlic, ginger and sesame oil to the pan and cook for 1 minute. Add the asparagus back into the pan along with the sauce mixture and stir everything together. Add the drained noodles and broccoli and warm everything through.

7 Divide the stir fry between your bowls and top with the toasted cashew nuts and the greens of the spring onions.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!