



CHICKEN STIR-FRY

with Cashew Nuts and Yellow Bean Sauce



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Spring Onion



Tenderstem® Broccoli



Diced Chicken Thigh



Cornflour



Garlic Clove



Egg Noodle Nest



Easy Ginger



Soy Sauce



Yellow Bean Sauce



Rice Vinegar



Cashew Nuts

MEAL BAG

25 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 25 minutes. Made from fermented soybeans, yellow bean sauce is a salty sauce frequently used in Asian cooking, and is the showstopping flavour in tonight's recipe. Bursting with 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

- 1 Fill and boil your **Kettle**
- 2 Wash the veggies.
- 3 Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Colander** and **Frying Pan**. Let's start cooking the **Chicken Stir-Fry with Cashew Nuts and Yellow Bean Sauce**.



1 DO THE PREP

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



2 BOIL THE NOODLES

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



3 COOK THE CHICKEN

- a) Meanwhile, heat a 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.
! IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.*



4 FINISH THE STIR-FRY

- a) Add the **spring onion**, **garlic** and **ginger** to the pan and stir-fry for 1 minute.
- b) Add the **soy sauce**, **yellow bean sauce**, **rice vinegar** and a splash of **water** and mix everything together.



5 COMBINE

- a) Tip the drained **noodles** and **broccoli** into the frying pan and warm everything through for a further minute.
- b) Lightly bash the **cashew nuts** inside the packet so they break into little pieces.



6 SERVE

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

ENJOY!

2 PEOPLE INGREDIENTS

| | |
|-------------------------------|----------|
| Spring Onion, sliced | 2 |
| Tenderstem® Broccoli, chopped | 1 pack |
| Diced Chicken Thigh | 280g |
| Cornflour | 10g |
| Garlic Clove, grated | 1 |
| Egg Noodle Nest 8) 13) | 2 |
| Easy Ginger | 1 sachet |
| Soy Sauce 11) 13) | 1½ tbsp |
| Yellow Bean Sauce 11) 13) | 1 tbsp |
| Rice Vinegar | 1 tbsp |
| Cashew Nuts 2) | 25g |

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 343G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 621 | 175 |
| (kJ) | 2596 | 730 |
| Fat (g) | 19 | 5 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 60 | 17 |
| Sugars (g) | 5 | 1 |
| Protein (g) | 54 | 15 |
| Salt (g) | 3.37 | 0.95 |

ALLERGENS

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

Soy Sauce: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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