






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

## Chicken with Cashew Nuts and Yellow Bean Sauce

Yellow is the colour of sun, summer and sensational flavours. That's why we threw together this chicken and cashew nut dish making sure it had plenty of yellow bean sauce. The sweet taste of ginger goes perfectly with our seasonal hero, broccoli. Not only is eating local seasonal produce great for the environment, but getting a vegetable in the right season makes a huge difference to that flavour!

 25 min

 lactose free



Tenderstem Broccoli



Spring Onion



Garlic Clove



Ginger



Chicken Thigh



Cornflour



Cashew Nuts



Egg Noodles



Soy Sauce



Yellow Bean Sauce



Rice Vinegar



Sesame Oil

## Ingredients

	2P	4P
Tenderstem Broccoli	1 cup	2 cups
Spring Onion, sliced	2	3
Garlic Clove, diced	1	2
Ginger, diced	1 tbsp	2 tbsp
Chicken Thigh	3	6
Cornflour	1 tbsp	2 tbsp
Cashew Nuts, crushed <b>1</b>	1 tbsp	2 tbsp
Egg Noodles <b>2, 3</b>	2 nests	4 nests
Soy Sauce <b>3, 4</b>	1 tbsp	2 tbsp
Yellow Bean Sauce <b>4</b>	1 tbsp	2 tbsp
Rice Vinegar <b>5</b>	½ tbsp	1 tbsp
Sesame Oil <b>6</b>	½ tsp	1 tsp

⊕ 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) Sulphites | 6) Sesame

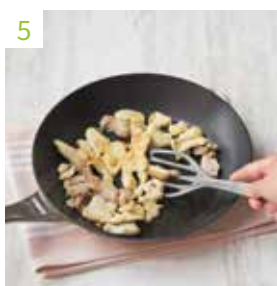
**Nutrition per serving:** Calories: 511 kcal | Protein: 35 g | Carbs: 59 g | Fat: 14 g | Saturated Fat: 3 g



**1** Cut the very end off the tenderstem broccoli and discard. Finely slice the spring onion, separating the whites and greens. Peel the garlic and the ginger and finely dice. **Tip:** Peel the ginger using the edge of a spoon.



**2** Cut the chicken into thin strips and toss in the cornflour and ¼ tsp of salt.



**3** Lightly crush your cashew nuts. 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. Keep to the side.



**4** 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 them under cold running water and put back in the pan filled with cold water.

**5** Heat a frying pan with 1 tbsp of oil over a medium heat. Add the

chicken and cook for 5 mins until crispy and cooked through, remove from the pan. **Tip:** If you have a small pan cook your chicken in batches.

**6** In a bowl mix together the soy sauce, yellow bean sauce, rice vinegar and 5 tbsp of water.

**7** Add to the now empty frying pan the whites of the spring onion, garlic, ginger and sesame oil to the pan and cook for 1 minute. Add the chicken back to the pan along with the sauce and mix everything together. Add the drained noodles and broccoli and warm everything through.

**8** 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!