



FOR THE
LITTLE ONES



Cashew Chicken

Stir-fried chicken breast pieces with broccoli, cashews and capsicum in a delicious garlic hoisin sauce served over rice.



25 Minutes



2 Servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	27g	76g

FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
HOISIN SAUCE	50ml
BROCCOLI	1
RED CAPSICUM	1
CASHEW NUTS	40g
DICED CHICKEN BREAST	300g

FROM YOUR PANTRY

sesame oil (or other), salt, pepper, soy sauce, honey (or brown sugar), cornflour

COOKING TOOLS

saucepan, large frypan or wok

You can serve this with noodles instead of you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Rice

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



2. PREPARE the Sauce

Combine **crushed garlic** with **2 tbsp soy sauce**, **1 tbsp honey**, **1 tbsp sesame oil** and **hoisin sauce**.

tip You can use sugar or maple syrup instead of honey if you prefer!



3. CHOP the Vegetables

Chop **broccoli** into small florets, dice or slice **capsicum**. Set aside with **cashew nuts**.



4. COOK the Chicken

Season the **chicken** with **salt and pepper**. Toss with **1 tbsp cornflour**.

Add **oil** to a wok or large pan over high heat. Add **chicken** and cook until golden brown on both sides.



5. FINISH the Stir-Fry

Add the **prepared veggies**, **1/2 cup water** and **cashew nuts** to the pan. Stir-fry for further 3 minutes then stir in the **sauce**. Cook for 2 minutes.

tip You can stir-fry the veggies separately if the family prefers!



6. FINISH AND SERVE

Season with **extra soy sauce** if needed, Serve **cashew chicken** and **veggies** over **rice** at the table.

tip Add some chilli sauce, chilli flakes for some heat if you like!