

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



4 Servings



Chicken

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FROM YOUR BOX

BASMATI RICE	300g
GARLIC CLOVES	2
HOISIN SAUCE	1 tub
BROCCOLI	1
RED CAPSICUM	1
CASHEW NUTS	80g
DICED CHICKEN BREAST	600g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, large frypan or wok

You can serve this with noodles instead if 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 **600ml 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 **3 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 **2 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

Serve cashew chicken and veggies over rice at the table.

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