



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



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	41g	22g/27g	63g
4/6person			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GARLIC CLOVES	2	3
HOISIN SAUCE	50ml	2 x 50ml
BROCCOLI	1	2
RED CAPSICUM	1	2
CASHEW NUTS	80g	80g + 40g
DICED CHICKEN BREAST	600g	600g + 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 **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.

6P - cover rice with 900ml water.



2. PREPARE THE SAUCE

Combine **crushed garlic** with **2-3 tbsp soy sauce**, **1 tbsp honey**, **1 tbsp sesame oil** and **hoisin sauce**.

6P - combine garlic with 3-4 tbsp soy sauce, 2 tbsp honey, 2 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.

6P - use 3 tbsp cornflour.



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.

6P - add 3/4-1 cup water.

tip Keep veggies separate if preferred!



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!