



Product Spotlight: Cashews

Cashews are a good source of magnesium; it is vital for the healthy development of muscles, bones, tissues and organs.



Cashew Chicken Noodles

Stir-fry egg noodles tossed in a savoury ginger hoisin sauce with little florets of broccoli, diced chicken breast and roasted cashews.



25 minutes



4 servings



Chicken

29 September 2023

Change the sauce!

If you don't have hoisin or oyster sauce, you can use a combination of soy sauce, sesame oil and lime juice. Sweet chilli sauce is also a flavourful addition if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	14g	76g

FROM YOUR BOX

EGG NOODLES	2 packets (2 x 200g)
BROCCOLI	1
RED CAPSICUM	1
CARROT	1
SPRING ONIONS	1 bunch
GINGER	1 piece
DICED CHICKEN BREAST	600g
ROASTED CASHEWS	1 packet (60g)

FROM YOUR PANTRY

oil for cooking, pepper, cornflour, hoisin sauce or oyster sauce

KEY UTENSILS

large frypan or wok, saucepan

NOTES

The noodles are slightly undercooked to prevent them from overcooking at step 5.

Use sesame oil to cook the chicken and vegetables if you have some. This will add extra flavour!

Loosen the noodles with cold water to separate them before tossing them into the pan.

No gluten option – egg noodles are replaced with rice vermicelli. Cook noodles according to packet instructions.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook for 2 minutes (see notes). Drain and rinse under cold water.



2. PREPARE THE STIR-FRY

Cut broccoli into small florets. Slice capsicum, carrot and spring onions (reserve green tops for garnish).

Peel and grate ginger. Combine in a small bowl with **3 tbsp hoisin sauce**, **1 tbsp cornflour** and **1 cup water**. Set aside.



3. BROWN THE CHICKEN

Coat chicken with **1 tbsp hoisin sauce** and **1 tbsp cornflour**. Heat a frypan or wok over high heat with **oil** (see notes). Add chicken and cook for 3–4 minutes until browned.



4. ADD THE VEGETABLES

Add vegetables and cook for a further 5 minutes until tender.



5. TOSS THE NOODLES

Pour in prepared sauce and simmer for 2 minutes until thickened. Toss in cooked noodles (see notes) and roasted cashews until combined. Season with **pepper**.



6. FINISH AND SERVE

Use reserved spring onion green tops to garnish noodles. Serve at the table.

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