



Product Spotlight: Cashews

Cashews contain more iron than any other nut. Their healthy, heart-friendly monounsaturated fats can help increase the good cholesterol in the blood.



Cashew Chicken Stir-Fry

with Brown Basmati Rice

This quick and easy stir-fry is packed with veggies and cashews tossed in a homemade sauce and served with pan-fried garlic chicken tenderloins.



25 minutes



2 servings



Chicken

28 July 2023

Spice it down!

To reduce the spice in this dish, remove the seeds from the chilli before slicing to serve. Alternatively, omit the chilli.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	13g	81g

FROM YOUR BOX

BROWN BASMATI RICE	150g
GINGER	1 piece
CASHEWS	60g
GARLIC CLOVE	1
CHICKEN TENDERLOINS	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
BROCCOLI	1
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, oyster sauce, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

Substitute oyster sauce with a mix of soy sauce and sweetener such as honey, maple syrup, sugar or sweet chilli sauce.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE SAUCE

Peel and grate ginger (see notes). Add to a bowl along with **2 tbsp oyster sauce**, **1 1/2 tbsp vinegar**, **1 tbsp water** and **pepper**. Whisk to combine.

Roughly chop cashews and set aside.



3. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Crush garlic. Coat chicken in **oil**, **salt**, **pepper** and crushed garlic. Add chicken to pan and cook for 4–5 minutes each side. Remove from pan and keep pan over heat (see step 4).



4. STIR-FRY THE VEGETABLES

While the chicken cooks, slice spring onions into 3cm pieces (reserve green tops for garnish). Slice capsicum and cut broccoli into florets. Add vegetables to reserved pan and stir-fry for 3 minutes.



5. ADD THE SAUCE

Add sauce and chopped cashews to pan. Cook for 2 minutes to warm through.



6. FINISH AND SERVE

Thinly slice chilli.

Divide rice among plates. Serve with cashew stir-fry and chicken. Garnish with reserved spring onion green tops and chilli.



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