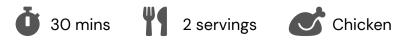


Product Spotlight: Cashew Nuts

Cashew nuts contain more iron than any other nut and are ranked highly for their healthy, heart-friendly monounsaturated fats, which can help increase the good cholesterol in the blood.

Quinoa Cashew Stir Fry

Turmeric chicken schnitzels with vegetables, quinoa, cashew and a zingy chilli and lime sauce.



23 July 2021



If you don't want to use the whole chilli in this dish, simply freeze the remainder of the chilli. The next time you want to add a little chilli to a dish grate the frozen chilli into it.



FROM YOUR BOX

QUINOA	100g
CHICKEN SCHNITZELS	300g
RED CHILLI	1
LIME	1
HONEY	1 shot
CARROT	1
GREEN CAPSICUM	1/2 *
GREEN BEANS	1/2 bag (125g) *
COCONUT CASHEW MIX	1 packet
CORIANDER	1/2 packet *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

If you want to reduce the spice level in this sauce you can de-seed the chilli before slicing and adding to the sauce, or only use half the chilli.

We used sesame oil for extra flavour.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 12–15 minutes. Drain and rinse.



2. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Coat chicken in **oil**, **1 tsp turmeric**, **salt and pepper**. Add chicken to frypan, cook for 4-5 minutes each side until chicken is cooked through. Put aside and reserve frypan.



3. MAKE THE SAUCE

Thinly slice the chilli (see notes), zest and juice 1/2 lime (wedge remaining). Add to a bowl with honey and **2 tbsp oil** (see notes), season with **salt and pepper** to taste. Whisk together.



4. STIR FRY VEGETABLES

Reheat frypan over medium-high heat with oil. Julienne or grate carrot, slice capsicum, trim and halve green beans, add to pan as you go. Pour in **1/4 cup water**. Cook, stirring, for 3-5 minutes.



5. ADD SAUCE AND QUINOA

Add cooked quinoa, sauce and coconut cashews to the frypan. Mix well, cook for 1-2 minutes.



6. FINISH AND PLATE

Slice chicken schnitzels. Divide stir fry into bowls, top with sliced chicken, fresh coriander and lime wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481072599** or send an email to hello@dinnertwist.com.au

