



### 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.



## 2 Quinoa Cashew Stir Fry

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

 30 mins

 2 servings

 Chicken

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*Spice it down!*

*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.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 27g **CARBOHYDRATES** 65g

## 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.

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