



CASHEW CHICKEN STIR-FRY

with Baby Bok Choy, Carrots, and Jasmine Rice



HELLO

BABY BOK CHOY

This Asian green has crisp, juicy stalks and tender leaves.

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 680



Chicken Stir-Fry



Chicken Stock Concentrate



Cashews
(Contains: Tree Nuts)



Soy Sauce
(Contains: Soy)



Sesame Seeds



Carrots



Cornstarch



Honey



Jasmine Rice



Ginger



Baby Bok Choy

START STRONG

Keep an eye on the cashews and sesame seeds while you toast them in step 3. Make sure to stir them constantly to prevent burning, and remove from heat if they do toast too quickly.

BUST OUT

- Peeler
- Paper towel
- Medium bowl
- Small pot
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Large pan

INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 1 Thumb
- Baby Bok Choy 1 | 2
- Carrots 2 | 4
- Chicken Stir-Fry 10 oz | 20 oz
- Cornstarch 1 TBSP | 2 TBSP
- Jasmine Rice ½ Cup | 1 Cup
- Cashews 1 oz | 2 oz
- Sesame Seeds 1 TBSP | 2 TBSP
- Soy Sauce 2 TBSP | 4 TBSP
- Honey ½ oz | 1 oz
- Chicken Stock Concentrate 1 | 2

WINE CLUB

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1 PREP

Wash and dry all produce. Peel ginger, then mince or finely grate. Trim and discard bottom root ends from bok choy, then separate stalks. Peel carrots and slice very thinly on a diagonal. Pat chicken dry with a paper towel and place in a medium bowl. Add cornstarch, salt, and pepper. Toss to coat.



4 COOK VEGGIES

Heat a large drizzle of oil in same pan over medium-high heat. Add carrots and 2 TBSP water. Cook, tossing, for 2-3 minutes. Add bok choy and cook, tossing, until just tender, 3-5 minutes. (TIP: Add a splash more water to speed up cooking.) Season with salt and pepper and transfer to another dish. Wipe out pan and heat another drizzle of oil in it over medium-high heat.



2 COOK RICE

Bring 1 cup water and a pinch of salt to a boil in a small lidded pot. Once boiling, add rice and stir. Lower heat, reduce to a gentle simmer, and cover. Cook until tender, about 15 minutes. Remove from heat and let stand, covered, until meal is ready.



5 COOK CHICKEN

Add chicken to same pan and cook, tossing occasionally, until no longer pink, 5-7 minutes. Season with salt and pepper. Add to dish with veggies. Reduce heat under pan to medium low, then add ginger and 1 TBSP butter. Cook until fragrant, about 1 minute. Stir in soy sauce, honey, ½ cup water, and stock concentrate. Bring to a boil, then lower heat and reduce to a simmer. Cook until thickened, about 3 minutes. Season with salt and pepper.



3 TOAST NUTS AND SEEDS

Put cashews in a large pan and place over medium-high heat. Toast, tossing often, until golden, 3-5 minutes. Transfer to a plate. Wipe out pan, then add sesame seeds. Return to medium-high heat and toast seeds, stirring often, until golden, 3-5 minutes. Transfer to another plate. Wipe out pan again.



6 PLATE AND SERVE

Add veggies, chicken, and half the cashews to same pan and toss to coat with sauce. Fluff rice with a fork, then stir in half the sesame seeds. Season with salt and pepper. Divide rice between plates with chicken stir-fry to the side. Spoon any remaining sauce in pan over chicken. Sprinkle with remaining sesame seeds and cashews.

STIR IT UP!

A chicken-and-veggie stir-fry is a cook's shortcut to dinner success.

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