



More Than Food  
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## Chicken with Cashew Nuts and Yellow Bean Sauce

Yellow is the colour of sun, summer and sensational flavours. That's why we threw together this chicken and cashew nut dish making sure it had plenty of yellow bean sauce. The sweet taste of ginger goes perfectly with our seasonal hero, broccoli. Not only is eating local seasonal produce great for the environment, but getting a vegetable in the right season makes a huge difference to the flavour!



25 mins



Tenderstem Broccoli  
(1 pack)



Spring Onion (2)



Garlic Clove  
(1)



Ginger  
(1 tbsp)



Chicken Thigh  
(3)



Cornflour  
(1 tbsp)



Cashew Nuts  
(1 tbsp)



Egg Noodle Nest  
(2)



Soy Sauce (1½ tbsp)



Yellow Bean Sauce  
(1 tbsp)



Rice Vinegar  
(1 tbsp)



Water  
(5 tbsp)

## 2 PEOPLE INGREDIENTS

- Tenderstem Broccoli
- Spring Onion, sliced
- Garlic Clove, chopped
- Ginger, chopped
- Chicken Thigh
- Cornflour

- 1 pack**
- 2**
- 1**
- 1 tbsp**
- 3**
- 1 tbsp**

- Cashew Nuts
- Egg Noodle Nest
- Soy Sauce
- Yellow Bean Sauce
- Rice Vinegar
- Water

- 1 tbsp**
- 2**
- 1½ tbsp**
- 1 tbsp**
- 1 tbsp**
- 5 tbsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Cashew nuts are packed with healthy monounsaturated fats that help reduce the risk of heart disease.

**Allergens:** Nut, Egg, Gluten, Soya.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	681 kcal / 2867 kJ	21 g	5 g	76 g	8 g	21 g	5 g

**Yellow Bean Sauce Ingredients:** (Yellowbean Paste [Fermented Soybeans (Soybeans, Water, Salt, Wheat), Sugar, Soy Extract (Water, Soybeans, Salt, Wheat), Salt], Vegetable Oil, Salt), Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Yeast Extract, Cornflour, Salt.  
**Soy Sauce Ingredients:** Water, Soybeans, Wheat, Salt.



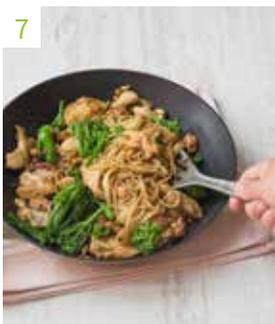
**1** Cut the very ends off the **tenderstem broccoli** and discard. Finely slice the **spring onion**, separating the whites and greens. Peel the **garlic** and the **ginger** and finely chop. **Tip:** Peel the ginger using the edge of a spoon.



**2** Cut the **chicken** into thin strips and toss in the **cornflour** and a pinch of **salt**.



**3** Lightly crush the **cashew nuts**. In a dry frying pan, toast your **cashew nuts** for a few mins until golden. As always, watch your **nuts** closely as they can burn quickly. Keep to the side.



**4** Boil a large pot of water with a pinch of **salt** for the noodles and broccoli. Boil the **noodles** for 4 mins, until just cooked and add your **tenderstem broccoli** for the last 2 mins. Drain them under cold running water and put back in the pot filled with cold water.

**5** Heat a frying pan with a splash of **oil** over a medium heat. Add your **chicken** and cook for 5 mins until crispy and cooked through, remove from the pan. **Tip:** If you have a small pan, cook your chicken in batches.

**6** In a bowl mix together the **soy sauce**, **yellow bean sauce**, **rice vinegar** and the **water** (as stated in the ingredient list).

**7** In the now empty frying pan, add the whites of your **spring onion**, **garlic** and **ginger** to the pan and cook for 1 minute. Add your **chicken** back to the pan along with your **sauce** and mix everything together. Add your drained **noodles** and **broccoli** and warm everything through for a further minute.

**8** Divide your **stir-fry** between your bowls and top with your toasted **cashew nuts** and the greens of your **spring onion**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!