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WK40
2016



Chicken & Cashew Noodle Stir-Fry with Coriander

You know when a dinner has so many good bits you just don't know what to eat first? This lip-smacker is one of those. Between tender chicken, roasted cashew nuts and fresh veggies, you'll be racing to finish the bowl! Saucy noodles finish off a perfect Asian dish that's here to spice up your mid week routine.



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



level 1



eat me
early



spicy

Pantry Items



Fish Sauce



Soy Sauce



Brown Sugar



Warm Water



Olive Oil



Rice Stick Noodles



Lime



Free Range
Chicken Thighs



Garlic



Spring Onions



Carrot



Red Capsicum



Snow Peas



Roasted Cashews



Long Red Chilli



Coriander

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| QTY | Ingredients |
|----------|---|
| ⅔ packet | rice stick noodles |
| 1 | lime, juiced |
| 1 tbs | fish sauce * |
| ¼ cup | salt-reduced soy sauce * |
| 3 tsp | brown sugar * |
| 2 tbs | warm water * |
| 1 tbs | olive oil * |
| 1 packet | free range chicken thighs, chopped into 3 cm pieces |
| 2 cloves | garlic, peeled & crushed |
| 1 bunch | spring onions, finely sliced |
| 1 | carrot, peeled & sliced into discs |
| 1 | red capsicum, sliced into strips |
| 1 bag | snow peas, trimmed |
| 1 packet | roasted cashews |
| 1 | long red chilli, deseeded & finely sliced |
| 1 bunch | coriander, leaves picked |

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

| Nutrition per serve | | |
|---------------------|------|----|
| Energy | 2650 | Kj |
| Protein | 42.7 | g |
| Fat, total | 20.7 | g |
| -saturated | 5.2 | g |
| Carbohydrate | 66.7 | g |
| -sugars | 9.9 | g |
| Sodium | 931 | mg |



You will need: *chef's knife, chopping board, garlic crusher, kettle, large bowl, sieve, small bowl or jug, large wok or frying pan and wooden spoon.*

- 1 Bring a full kettle of water to the boil.
- 2 Place the **rice stick noodles** in a large bowl. Pour over the boiling water and sit for **4-5 minutes**, or until the noodles have separated and are soft. Drain and set aside.
- 3 Meanwhile, combine the **lime juice, fish sauce, salt-reduced soy sauce, brown sugar** and **warm water** in a small bowl or jug.
- 4 Heat the **olive oil** in a large wok or frying pan over a high heat. Add the **chicken** and stir fry for **3-4 minutes**, or until golden and cooked through. Add the **garlic, spring onion, carrot, red capsicum** and **snow peas** and cook for a further **1-2 minutes**, or until slightly softened and fragrant. Add the noodles and lime juice mixture. Stir fry for **1 minute**, until heated through.
- 5 To serve, divide the noodles between bowls. Sprinkle with the **roasted cashews, long red chilli** (if using) and **coriander leaves**.



Did you know? Cashews are in the same family as poison ivy.