



# SPEEDY THAI CHICKEN AND CASHEW STIR-FRY

with Jasmine Rice



Add toasted cashews to a stir-fry for an extra crunch!



Jasmine Rice



Free-Range Chicken Thigh



Red Onion



Carrot



Snow Peas



Garlic



Ginger



Long Red Chilli (Optional)



Roasted Cashews



Kecap Manis



Sesame Seeds

**Pantry Staples:** Olive Oil, Water, Fish Sauce, Soy Sauce

Hands-on: **25 mins**  
Ready in: **30 mins**

Eat me early

Spicy (optional long red chilli)

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 and fresh veggies, you'll be racing to finish the bowl! Sticky kecap manis finishes off a perfect Asian dish that's here to spice up your mid-week routine.



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, medium saucepan** with a lid, **chef's knife, chopping board, garlic crusher, fine grater, large wok** or **frying pan, spatula** and a **plate**.



## 1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and the water has absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



## 2 GET PREPPED

Chop the **free-range chicken thigh** into 2 cm chunks. Finely slice the **red onion**. Slice the **carrot** (unpeeled) into 1 cm discs. **TIP:** Keep the skin on the carrot to retain its nutrients! Trim the ends of the **snow peas**. Peel and crush the **garlic**. Peel and finely grate the **ginger**. Finely slice the **long red chilli** (if using).



## 3 COOK THE CHICKEN

Heat a large wok or frying pan over a medium-high heat. Add the **roasted cashews** and cook, stirring, for **3-4 minutes**, or until toasted. Set aside. Return the pan to a high heat, add a **drizzle of olive oil** and the **chicken** and cook, stirring, for **5-6 minutes**, or until browned and cooked through. Set aside on a plate. **TIP:** If the chicken doesn't fit in a single layer in the pan, cook it in batches to keep from overcrowding and stop it from stewing.



## 4 STIR-FRY THE VEG

Return the large pan to a high heat and add another **drizzle of olive oil** (if needed). Add the **red onion, carrot** and **snow peas** and cook, stirring, for **3 minutes**, or until the onion has softened. Add the **garlic** and **ginger** and cook, stirring, for **1 minute**, or until fragrant.



## 5 ADD THE FLAVOUR

Return the **chicken** to the pan with the veggies and add the **kecap manis, fish sauce** and **soy sauce**. Stir-fry for **1 minute**, remove the pan from the heat and stir through the **water (for the sauce)**.



## 6 SERVE UP

Divide the rice and Thai chicken stir-fry between bowls. Drizzle over any excess sauce from the pan and top with the long red chilli (if using), toasted cashews and **sesame seeds**. **TIP:** Some like it hot but if you don't, just hold back on the chilli.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water* (for the rice)	1¼ cups	2½ cups
free-range chicken thigh	1 packet	1 packet
red onion	1	2
carrot	1	2
snow peas	1 bag	1 bag
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
long red chilli (optional)	1	2
roasted cashews	1 packet	2 packets
kecap manis	1 sachet (50 g)	2 sachets (100 g)
fish sauce*	1 tsp	2 tsp
soy sauce*	½ tsp	1 tsp
water* (for the sauce)	½ cup	1 cup
sesame seeds	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (741Cal)	411kJ (98Cal)
Protein (g)	45.2g	6.0g
Fat, total (g)	20.3g	2.7g
- saturated (g)	5.4g	0.7g
Carbohydrate (g)	90.8g	12.0g
- sugars (g)	24.9g	3.3g
Sodium (g)	692mg	92mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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