

## 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** 





**Snow Peas** 



Ginger





**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** STAR

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.



#### **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

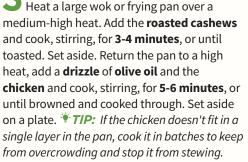
any steam!



**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).



**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 from overcrowding and stop it from stewing.





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.



**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).



**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

# **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

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2018 | WK2 | C

