



UCOOK

Hoisin-cashew Chicken & Rice

with piquanté peppers & green beans

If you're not familiar with hoisin sauce yet, get ready for a very pleasant introduction, Chef! Slightly similar to barbeque sauce, but richer, saltier, and less sweet, this fermented soybean-based sauce packs an umami punch. You will savour this sauce once poured over NOMU Oriental Rub-spiced chicken, charred green beans, and a cashew & sesame seed nut mix. Served with steamed basmati rice.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
80g	Green Beans <i>rinse</i>
150g	Free-range Chicken Mini Fillets
20g	Nut & Seed Mix <i>(15g Cashew Nuts & 5g Black Sesame Seeds)</i>
15ml	NOMU Oriental Rub
1	Spring Onion <i>rinse, trim & roughly slice, keeping the white & green parts separate</i>
60ml	Hosin Dressing <i>(45ml Hoisin Sauce & 15ml Sesame Oil)</i>
30g	Piquanté Peppers <i>drain</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GREEN BEANS While the rice is on the go, place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan.

3. CASHEW CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until lightly golden, 30-60 seconds per side. Add the sliced spring onion whites, the nut & seed mix, and fry until fragrant, 1-2 minutes. Mix in the hoisin dressing, the green beans, and a splash of water. Simmer until warmed through, 1-2 minutes. Remove from the heat.

4. TIME TO EAT Plate up the fluffy rice, top with the loaded cashew chicken, and all the pan juices. Scatter over the drained peppers, the spring onion greens, and squeeze over the juice of 1 lemon wedge. Well done, Chef!

Nutritional Information

Per 100g

Energy	618kJ
Energy	148kcal
Protein	7.6g
Carbs	21g
of which sugars	6.1g
Fibre	2.2g
Fat	4.2g
of which saturated	0.8g
Sodium	303mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Tree
Nuts, Soy

Eat
Within
2 Days