



# UCOOK

## Chinese-style Cashew Chicken

with green bell pepper & fresh coriander

The famous take-away dish, cashew chicken, gets a UCOOK revamp! Silky egg noodles are tossed with green bell pepper, chicken pieces, spring onion, and red onion. Doused in a tasty sauce loaded with oyster sauce, sesame oil, and soy sauce and sprinkled with fresh coriander, honestly what could be better?

---

**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person


---

**Chef:** Thea Richter

---

 Fan Faves

---

 Boschendal | 1685 Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1 cake	Egg Noodles
50g	Cashew Nuts
5ml	Cornflour
40ml	Oyster-soy Sauce <i>(5ml Sesame Oil, 25ml Oyster Sauce &amp; 10ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peeled &amp; grated</i>
150g	Free-range Chicken Mini Fillets <i>cut into bite-sized chunks</i>
1	Red Onion <i>½ peeled &amp; cut into thick slices</i>
1	Green Pepper <i>½ rinsed, deseeded &amp; cut into small bite-sized pieces</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. OODLES OF NOODLES** Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

**2. CA-SHEW! THANK YOU.** Place the cashew nuts in a large pan or wok over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside.

**3. MIX & FRY** In a bowl, combine the cornflour with 1 tbsp of water. Mix until a runny paste. Add the oyster-soy sauce, 20ml of water, and the grated garlic. Set aside.

**4. CHEEKY CHICK** Return the pan or wok to a high heat with a drizzle of oil. When hot, add the chicken chunks and fry for 2-3 minutes per side until browned and cooked through. Remove from the pan on completion and season to taste.

**5. YOU WOK MY WORLD** Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the onion slices and fry for 3-4 minutes until soft, shifting occasionally. Add the pepper pieces and the spring onion whites. Fry for 2-3 minutes until slightly softened, shifting occasionally. Add the cooked chicken, the oyster garlic sauce, and ¾ of the toasted cashews. Toss until fully combined. Leave to simmer for 1-2 minutes until slightly reduced, shifting occasionally. Loosen with a splash of water if it reduces too quickly. Remove from the heat, toss through the cooked noodles, and season to taste.

**6. TAKE-AWAY AT HOME!** Bowl up the cashew chicken noodles. Top with the remaining cashew nuts, the spring onion greens, and the picked coriander. Get munching, Chef!

## Nutritional Information

Per 100g

Energy	634kJ
Energy	152Kcal
Protein	9.5g
Carbs	13g
of which sugars	2.4g
Fibre	1.4g
Fat	6.3g
of which saturated	1.3g
Sodium	371mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy, Shellfish/Seafood

Cook  
within 3  
Days