



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: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

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

3 cakes	Egg Noodles
150g	Cashew Nuts
15ml	Cornflour
120ml	Oyster-soy Sauce <i>(15ml Sesame Oil, 75ml Oyster Sauce & 30ml Low Sodium Soy Sauce)</i>
3	Garlic Cloves <i>peeled & grated</i>
450g	Free-range Chicken Mini Fillets <i>cut into bite-sized chunks</i>
3	Red Onions <i>1½ peeled & cut into thick slices</i>
2	Green Peppers <i>1½ rinsed, deseeded & cut into small bite-sized pieces</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
12g	Fresh Coriander <i>rinsed & 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 3 tbsp of water. Mix until a runny paste. Add the oyster-soy sauce, 60ml 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. You may need to do this step in batches. 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 4-5 minutes until soft, shifting occasionally. Add the pepper pieces and the spring onion whites. Fry for 3-4 minutes until slightly softened, shifting occasionally. Add the cooked chicken, the oyster garlic sauce, and $\frac{3}{4}$ 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