



# UCCOOK

## Chinese-style Cashew Chicken

with piquanté peppers & pak choi

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens  
Campher Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 625kj    | 3605kj      |
| Energy             | 150kcal  | 862kcal     |
| Protein            | 9.5g     | 55g         |
| Carbs              | 15g      | 87g         |
| of which sugars    | 3.2g     | 18.2g       |
| Fibre              | 1.2g     | 6.7g        |
| Fat                | 5.2g     | 30.1g       |
| of which saturated | 1.1g     | 6.4g        |
| Sodium             | 322mg    | 1856mg      |

**Allergens:** Sulphites, Shellfish, Egg, Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |                                                                                                                       |
|-------|-------|-----------------------------------------------------------------------------------------------------------------------|
| 180g  | 240g  | Egg Noodles                                                                                                           |
| 120g  | 160g  | Cashew Nuts<br><i>roughly chop</i>                                                                                    |
| 300g  | 400g  | Pak Choi<br><i>trim at the base, separate leaves &amp; rinse thoroughly</i>                                           |
| 15ml  | 20ml  | Cornflour                                                                                                             |
| 120ml | 160ml | Oyster-soy Sauce<br><i>(15ml [20ml] Sesame Oil, 75ml [100ml] Oyster Sauce &amp; 30ml [40ml] Low Sodium Soy Sauce)</i> |
| 3     | 4     | Garlic Cloves<br><i>peel &amp; grate</i>                                                                              |
| 3     | 4     | Free-range Chicken Breasts                                                                                            |
| 2     | 2     | Onions<br><i>peel &amp; cut 1½ [2] into thick slices</i>                                                              |
| 60g   | 80g   | Piquanté Peppers<br><i>drain</i>                                                                                      |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. **OODLES OF NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. **CA-SHEW! THANK YOU.** Place the cashews in a pan or wok over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **SOME PREP** Finely slice the pak choi stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems. In a bowl, mix the cornflour with 3 [4] tbsp of water until a runny paste. Add the oyster-soy sauce, 60ml [80ml] of water, and the garlic. Set aside.

4. **CHEEKY CHICK** Return the pan or wok to high heat with a drizzle of oil. Pat the chicken dry with paper towel, and cut into bite-sized chunks. Fry the chicken chunks until browned and cooked through, 2-3 minutes per side. You may need to do this step in batches. Remove from the pan or wok and season.

5. **YOU WOK MY WORLD** Return the pan or wok to medium-high heat with a drizzle of oil. Fry the onion and the pak choi stems until soft, 5-6 minutes (shifting occasionally). Toss through the cooked chicken, the oyster garlic sauce, the pak choi leaves, and ¾ of the cashews. Simmer until slightly reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water if it reduces too quickly. Remove from the heat, toss through the noodles and the peppers, and season.

6. **TAKE-AWAY AT HOME!** Bowl up the cashew chicken noodles. Top with the remaining cashew nuts. Get munching, Chef!