



# UCOOK

## Chinese-style Cashew Chicken

with piquanté peppers & pak choi

This famous take-away dish gets a UCOOK revamp! Silky egg noodles are tossed with piquanté peppers, chicken pieces, pak choi, and red onion. Doused in a tasty sauce loaded with oyster sauce, sesame oil, and soy sauce. Honestly, what could be better?

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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Fan Faves

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## Ingredients & Prep

4 cakes	Egg Noodles
160g	Cashew Nuts
400g	Pak Choi <i>trim at the base, separate leaves &amp; rinse thoroughly</i>
20ml	Cornflour
160ml	Oyster-soy Sauce <i>(20ml Sesame Oil, 100ml Oyster Sauce &amp; 40ml Low Sodium Soy Sauce)</i>
4	Garlic Cloves <i>peel &amp; grate</i>
600g	Free-range Chicken Mini Fillets
4	Onions <i>peel &amp; cut into thick slices</i>
80g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
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.** Roughly chop the cashew nuts. Place the chopped cashews in a pan 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 4 tbsp of water until a runny paste. Add the oyster-soy sauce, 80ml of water, and the grated 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. When hot, 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 and season.

**5. YOU WOK MY WORLD** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices 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  $\frac{3}{4}$  of the toasted 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 cooked noodles and the drained peppers, and season.

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

## Nutritional Information

Per 100g

Energy	619kJ
Energy	148kcal
Protein	9.3g
Carbs	15g
of which sugars	2.8g
Fibre	1.2g
Fat	5.2g
of which saturated	1.1g
Sodium	313mg

## Allergens

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

Eat  
Within  
3 Days