



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?

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

3 cakes	Egg Noodles
120g	Cashew Nuts
300g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
15ml	Cornflour
120ml	Oyster-soy Sauce <i>(15ml Sesame Oil, 75ml Oyster Sauce & 30ml Low Sodium Soy Sauce)</i>
3	Garlic Cloves <i>peel & grate</i>
450g	Free-range Chicken Mini Fillets
3	Onions <i>peel & cut into thick slices</i>
60g	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 3 tbsp of water 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 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