

Eat Within 3 Days

UCOOK

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	626kJ	3580kJ
Energy	150kcal	856kcal
Protein	9.4g	53.8g
Carbs	15g	87g
of which sugars	3.2g	18.2g
Fibre	1.2g	6.7g
Fat	5.2g	30g
of which saturated	1.1g	6.3g
Sodium	324mg	1854mg

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

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
120g	160g	Cashew Nuts *roughly chop*
300g	400g	Pak Choi *trim at the base, separate leaves & rinse thoroughly*
15ml	20ml	Cornflour
120ml	160ml	Oyster-soy Sauce *(15ml [20ml] Sesame Oil, 75ml [100ml] Oyster Sauce & 30ml [40ml] Low Sodium Soy Sauce)*
3	4	Garlic Cloves *peel & grate*
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions *peel & cut 1½ [2] into thick slices*
60g	80g	Piquanté Peppers *drain*

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. Fry the chicken 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, 2-3 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!