



# 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?

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**Hands-On Time:** 40 minutes

**Overall Time:** 50 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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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

|         |  |
|---------|--|
| 4 cakes | Egg Noodles  |
| 200g    | Cashew Nuts  |
| 20ml    | Cornflour  |
| 160ml   | Oyster-soy Sauce<br><i>(20ml Sesame Oil, 100ml Oyster Sauce &amp; 40ml Low Sodium Soy Sauce)</i> |
| 4       | Garlic Cloves<br><i>peeled &amp; grated</i>  |
| 600g    | Free-range Chicken Mini Fillets<br><i>cut into bite-sized chunks</i>                             |
| 4       | Red Onions<br><i>peeled &amp; cut into thick slices</i>  |
| 2       | Green Peppers<br><i>rinsed, deseeded &amp; cut into small bite-sized pieces</i>                  |
| 4       | Spring Onions<br><i>finely sliced, keeping the white &amp; green parts separate</i>              |
| 15g     | Fresh Coriander<br><i>rinsed &amp; 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 4 tbsp of water. Mix 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 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