



Chilli Jam Chicken

Stir-Fry with Cashews



20-30min



2 Portions

Thai chilli jam is a flavoursome concoction of popular Thai ingredients, such as shallots, fish sauce, tamarind and, of course, chilli. The ingredients are cooked down to a thick jam that adds so much flavour to soups and stir-fries, just like this speedy chicken dinner.

What we send

- roasted cashews ¹⁵
- Thai chilli jam ⁶
- green beans
- Thai basil
- free-range chicken breast fillet
- red onion
- choy sum
- carrot
- jasmine rice

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- medium saucepan
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 810.0kcal, Fat 26.4g, Proteins 53.7g, Carbs 84.1g



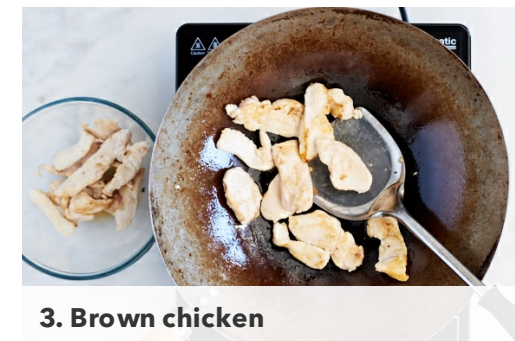
1. Cook rice

Place **rice** in a medium saucepan with 375ml (1½ cups) water. Bring to a simmer. Cover. Reduce heat to low. Simmer for 12 mins or until rice is tender.



2. Prepare ingredients

Halve the **carrot** lengthwise and thickly slice diagonally. Cut **choy sum** into 5cm lengths keeping stalks and leaves separate. Cut **onion** into thick wedges. Trim **beans**. Thinly slice **chicken**. Pick leaves from **Thai basil** (discard stems). Combine **Thai chilli jam**, 1 tbs **brown sugar** and 2 tbs **soy sauce** in a bowl.



3. Brown chicken

Heat 1 tbs **oil** in a wok or large frypan over high heat. Stir-fry **chicken**, in 2 batches, for 3 mins or until browned all over. Transfer to a bowl.



4. Cook vegetables

Heat 1 tbs **oil** in same wok over medium-high heat. Stir-fry **carrot, onion** and 1 tbs water for 2 mins or until starting to brown.



5. Add greens

Add **choy sum stalks, beans** and 1 tbs water and stir-fry for a further 1 min or until vegetables are just tender. Add choy sum leaves and stir-fry for a further 1 min.



6. Return chicken to wok

Return **chicken** to wok with **chilli jam mixture** and stir-fry for 1-2 mins until chicken is just cooked through. Stir through half the **basil**. Divide **rice** among serving plates. Top with chicken stir-fry. Sprinkle with **cashews** and remaining basil.