

DINNERLY



Thai Chicken Stir-Fry with Green Beans and Roasted Cashews



20-30 minutes



4 Servings

We heart Thai food. Wok-flash juicy chicken, crunchy green beans and sweet chilli jam, then tumble in roasted cashews and bring the love to your table.

WHAT WE SEND

- 300g jasmine rice
- 40g cashews nuts ¹⁵
- 1 red onion
- 100g chilli jam ^{2,4}
- 300g green beans
- free-range chicken thigh fillet

WHAT YOU NEED

- garlic clove
- soy sauce ⁶
- sugar
- vegetable oil

TOOLS

- large frypan
- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Shellfish (2), Fish (4), Soy (6), Tree Nuts (15).
May contain traces of other allergens.

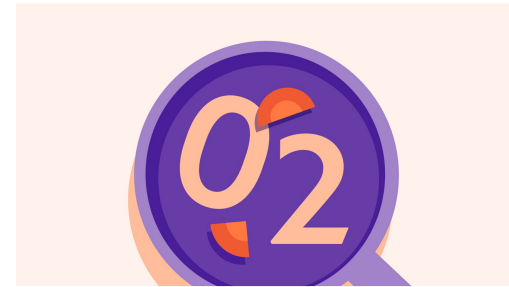
NUTRITION PER SERVING

Energy 675kcal, Fat 24.7g, Carbs 72.6g,
Proteins 37.0g



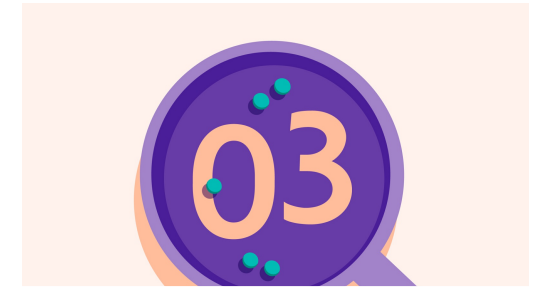
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Thinly slice **3 garlic cloves**. Trim the **beans** and halve on an angle. Cut the **onion** into thin wedges. Coarsely chop the **cashews**. Trim any excess fat from the **chicken**, then thinly slice.



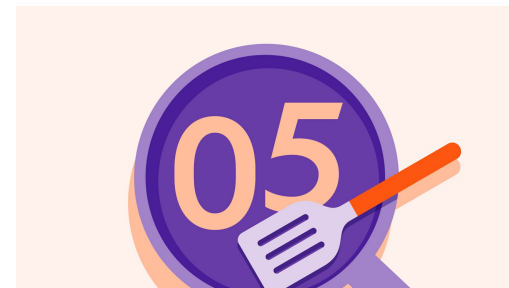
3. Brown chicken

Heat **2 tbs vegetable oil** in a large frypan over medium-high heat. Stir-fry the **garlic, onion** and **chicken** for 3-4 mins until the chicken is golden.



4. Add chilli jam

Add the **beans**, stir-fry for 1 min, then add **2 tbs chilli jam** (see Make It Yours), **1 tbs soy sauce** and **2 tsp sugar**. Stir-fry for 1-2 mins until well coated in the sauce and the beans are just tender.



5. Serve up

Divide the **rice** among bowls, top with the **chicken stir-fry** and scatter over the **cashews** to serve.



6. Make it yours

Do you have extra veggies in the fridge? Toss em in. This stir-fry is the perfect home for that lonely zucchini, capsicum or broccoli that needs using. The chilli jam can also be adjusted to taste - reduce for picky eaters or increase for chilli kick.