

MARLEY SPOON



FAST

Cashew Chicken Stir-Fry

with Pak Choy and Oyster Sauce



20-30min



4 Portions

Always a fast, fresh and healthy way to cook, stir-frying needs little in order to be a success. A really hot pan, all the ingredients measured, cut small and ready to go, the rice under control and... that's it. With cashews, oyster sauce and chicken involved, deliciousness is totally guaranteed.

What we send

- 1,2,4
- 15
- 2 celery stalks
- 2 spring onions

What you'll require

- soy sauce ⁶
- vegetable oil
- water

Utensils

- large frypan
- medium saucepan with lid

Our veggies come fresh from the farm, so please wash them before use.

Cooking tip

Adding a little water to a hot pan while stir-frying creates steam and helps your veggies cook without burning, or without the need for more oil.

Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 720kcal, Fat 22.9g, Carbs 69.5g, Protein 52.6g



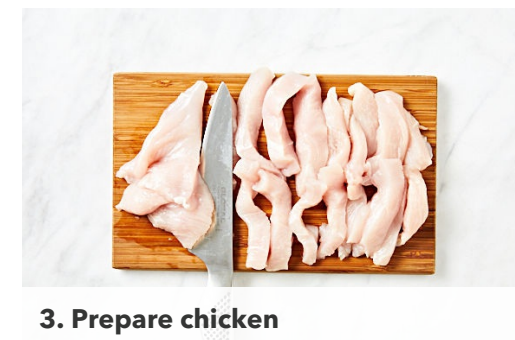
1. Cook rice

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. Prepare vegetables

Meanwhile, trim and thinly slice the **spring onion**. Thinly slice the **celery**. Trim and coarsely chop the **pak choy**. Trim and peel the **broccoli** stems, then coarsely chop. Cut the broccoli heads into small florets.



3. Prepare chicken

Put the **chicken breasts** on a board, put your hand on top and slice in half horizontally, then halve lengthwise and thinly slice.



4. Stir-fry chicken

Heat **1 tbs grapeseed oil** in a large deep frypan over high heat. Stir-fry the **chicken**, in 2 batches, for 3-4 mins until browned and almost cooked through. Transfer to a bowl.



5. Stir-fry vegetables

Heat **1 tbs grapeseed oil** in the pan over high heat. Stir-fry the **broccoli stems** for 1 min, then add **80ml (1/3 cup) water** (see cooking tip) and stir-fry for 2 mins or until bright green and starting to soften. Add **broccoli florets, celery** and **spring onion** and stir-fry, adding a little extra water if necessary, for 2 mins or until vegetables are just tender.



6. Get ready to serve

Add the **pak choy, oyster sauce** and **3 tsp soy sauce** and stir-fry for 1 min. Add the **cashews, chicken** and **any resting juices** and stir-fry for a further 2 mins or until the chicken is cooked through. Divide the **rice** and **stir-fry** among bowls to serve.