Chicken and Cashew Stir Fry
RECIPE

Chicken and Cashew Stir Fry



TIME	25 mins
INGREDIENTS	10 items
MAKES	2 servings

Why wait for a take away when you can rustle up exciting flavours at home ? This stir fry is a perfect midweek meal!

INGREDIENTS

- Ben's Original™ Savoury Chicken Microwave Rice 220g
- Small handful of Cashew Nuts, unsalted
- 1tbsp Sunflower Oil
- 1 Chicken Breast, chopped
- 1 Garlic Clove, chopped
- 1 Red Chilli, deseeded and chopped
- 100g Broccoli, cut into small florets
- 1 Red Pepper, chopped
- 2 Spring Onions, sliced
- 1tbsp Soy Sauce

INSTRUCTION

1. First, place a wok on a medium to high heat. When warm, dry fry the cashew nuts for 2-3 minutes until just toasted and set aside. This will add a nuttiness to the pan and extra flavour to the cashews for later.
2. Add the oil to the pan and increase the heat to high. Add the chicken pieces and fry until sealed. Followed by the garlic, chilli, broccoli and pepper. Stir fry for 3-4 minutes so the chicken is cooked through and the vegetables still have a bite.
3. Next stir in the spring onions and soy sauce until everything is fully coated. Heat the Ben's Original™ rice according to pack instructions. Meanwhile, add the toasted cashews, saving some for serving, to the stir fry mix and combine.
4. Place the rice into bowls and top with the stir fry. Top with the remaining cashew nuts.

NUTRITION

Amount Per Serving

- Calories 487
- Carbohydrates (g) 39.4
- Cholesterol (mg) 71
- Dietary Fiber (g) 5.4
- Energy (kJ) 2046
- Protein (g) 37.4
- Sugars (g) 4.8
- Total Fat (g) 18.6
- Saturated Fat (g) 3.8
- Salt (g) 1.29
- Sodium (mg) 514
- Trans Fat (g) 0

Categories:

Savoury Chicken, Stove Top, 15 - 30 MIN, Food of the World, Make your own Takeaway, Chicken.

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items

Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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