



Korean BBQ Stir Fry with Chicken & Cashew Nuts

Stir Fries are such a fantastic way to get vitamins and other micro-nutrients in. Vitamin-C deteriorates when exposed to higher temperatures, but stir fries are cooked for a short period of time, which means vegetables have reduced exposure to heat. This Korean BBQ sauce came from Rebel Chilli - An Irish company based in Cork!

Nutritional Info

Calories: 578 kcal
Carbohydrates: 87.6 g
Protein: 53.2g
Fat: 11.8 g

Ingredients

- Chicken breast
- Red pepper
- Spring onion
- Sugar snap peas
- Rebel Chilli Korean BBQ sauce
- Cashews
- Basmati rice
- Coriander
- Crispy onions

Your Pantry

- Olive Oil

Allergens

Wheat (Korean Sauce)
Soybean (Korean Sauce)
Sesame (Korean Sauce)
Nuts (Cashews)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle**

2) **Prepare the vegetables**

Thinly slice the spring onion and red pepper. Finely chop the coriander and set aside.

3) **Boil the rice**

Put the rice in a pot of boiling water and cook for 10-12 minutes. Meanwhile....

4) **Cook the chicken**

In a large, hot wok or frying pan, add a dash of oil. Once hot, add the chicken and stir fry for 5-6 minutes or until just cooked through. Transfer to a plate.

5) **Cook the vegetables**

To the same pan, add another small dash of oil. Add the spring onions, red pepper, and sugar snap peas to the pan and stir fry for 2-3 minutes.

6) **Add the chicken and sauce to the stir fry**

Add the chicken back into the pan with the vegetables and fry for one minute. Pour in the korean BBQ sauce, and cook for a further 1-2 minutes.

7) **Plate the dish**

Plate the stir fry on top of the rice, and garnish with chopped coriander, cashews, and crispy onions!



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**