

# Cashew Chicken Stir-Fry

with Vegetables & Quinoa

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients



10 oz Chopped Chicken Breast



6 oz Carrots



1 Tbsp Sambal Oelek



1 Tbsp Sesame Oil



3 Tbsps Roasted Cashews



½ cup Tricolor Quinoa



2 cloves Garlic



1 Tbsp Soy Sauce



1 Tbsp Mirin<sup>1</sup>



1 Red, Yellow, or Orange Bell Pepper



2 Scallions



2 Tbsps Hoisin Sauce



2 Tbsps Rice Vinegar



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



14 12 7

SmartPoints® value per serving  
(as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Salted cooking wine



## 1 Cook the quinoa

- Fill a small pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **quinoa** and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **mirin**; stir to combine. Cover to keep warm.



## 2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice into rounds.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **cashews**.
- In a bowl, combine the **hoisin sauce**, **half the vinegar** (you will have extra), **half the soy sauce**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



## 3 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.



### Step 3 continued:

- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **remaining soy sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 4 Start the stir-fry

- Add the **sesame oil** to the pan of reserved fond; heat on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced white bottoms of the scallions, diced pepper, and chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



## 5 Finish & serve your dish

- Add the **cooked chicken, chopped cashews, and sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until combined and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked quinoa** topped with the **finished stir-fry**. Garnish with the **sliced green tops of the scallions**. Enjoy!

