

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Cashew chicken stir-fry

Ingredients

- 3 tbsp soy sauce
- 4 tsp cornstarch
- 1 tbsp sugar
- 1 tbsp sherry or chicken stock
- 1 tsp sesame oil
- Dash hot pepper sauce
- 1 lb boneless chicken thighs or breasts
- 1 cup snow peas or broccoli
- 1 sweet red pepper
- 1 tbsp vegetable oil
- 1/3 cup roasted cashews
- 1 clove garlic, sliced
- 1 piece gingerroot, sliced



Instructions

1. In small bowl, whisk together soy sauce, cornstarch, sugar, sherry, sesame oil and hot pepper sauce; set aside. Cut chicken into bite-size pieces; set aside.
2. Remove strings from snow peas; cut diagonally in half. Seed, core and cut red pepper into bite-size chunks. Set aside.
3. In wok or large skillet, heat vegetable oil over high heat; stir-fry chicken, in batches, until browned, about 3 minutes. Transfer to plate.
4. Add snow peas, red pepper, cashews, garlic and ginger to wok; cover and steam until red pepper is tender-crisp, about 2 minutes.
5. Return chicken and any accumulated juices to pan; toss to combine. Stir in soy sauce mixture; simmer until glossy, about 1 minute.

Nutritional Info (per serving)	Calories: 303
Fat: 16g	Saturated Fat: 3g
Protein: 25g	Carbohydrates: 15g
Fiber: 2g	Sodium: 876mg

Canadian Living. (2004). Chicken, Snow Peas and Cashews Stir-Fry. Retrieved from <http://www.canadianliving.com/>