

QUICK & HEALTHY MEAL IDEAS

CASHEW CHICKEN STIR-FRY

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

CASHEW CHICKEN STIR-FRY

Ingredients (4 Servings)

- 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 ginger root, sliced

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	303
FAT	16 g
PROTEIN	25 g
FIBER	2 g
SATURATED FAT	3 g
CARBOHYDRATES	15 g
SODIUM	876 mg



Instructions

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

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