

cashew chicken

Makes 8 servings

RECIPE ADAPTED FROM: [Feasting at Home](#)

PREP TIME: 30 minutes

COOK TIME: 20 minutes

CHICKEN

2 lbs chicken thighs or breasts, cut into 1-inch chunks

2 Tbsp cornstarch

½ tsp salt

avocado oil, for pan frying

STIR-FRY SAUCE

¼ cup low-sodium tamari or soy sauce

3 Tbsp maple syrup (or honey), adjust to taste

1 Tbsp toasted sesame oil

2 Tbsp sherry vinegar, Chinese cooking wine or rice vinegar

1 Tbsp molasses

2 tsp fresh ginger root, sliced

2 garlic cloves

½ cup chicken broth

¼ tsp Chinese 5 spice

¼ tsp white pepper, optional

pinch or two of pepper flakes or a squirt of sriracha

STIR-FRY

½ cup onion, chopped

4 large garlic cloves, roughly chopped

2 tsp fresh ginger, finely chopped

½ cup (1½ oz) shiitake mushrooms, finely chopped

2 green onions, chopped

1-2 broccoli crowns, cut into florets

1-2 bell peppers, chopped into 1-inch pieces

¾ cup cashews, roasted, unsalted

avocado oil, for sautéing

PREPARE THE CHICKEN

ADD chopped chicken, cornstarch and salt to a bowl or bag. Stir or shake until fully coated.

SET aside while you prep the other ingredients.

MAKE THE SAUCE

ADD all stir-fry sauce ingredients to a bowl, stirring until combined.

COOK THE CHICKEN

HEAT a large skillet or wok over medium-high heat with avocado oil.

COOK chicken in batches, about 1 minute on each side, or until just light brown. *It will continue to cook in the sauce, so it doesn't have to be cooked all the way through.*

SET aside on a plate with a paper towel to absorb some of the oil, if needed.

STIR-FRY

ADD onion, garlic, ginger and mushrooms to skillet or wok with oil. Sauté about 3 minutes.

ADD broccoli, peppers, stir-fry sauce, chicken and cashews, plus half of the green onions. *Cashews will soften in the stir-fry. If you prefer they stay crunchy, add them on top after cooking - or cook half of the cashews and garnish with the other half.*

LET sauce bubble for about 2 minutes.

GARNISH with the rest of the green onions.

SERVE over brown rice or cauliflower rice, if desired. This also makes a delicious filling for lettuce cups!

