



CHICKEN STIR-FRY WITH CASHEW NUTS

Serves: 6 Prep time: 20 mins Cooking Time: 20 mins (plus time for marinating)

Ingredients:

Marinade:

- 2 tsp. corn flour mixed with 2 tbsp. water & 2 teaspoons light reduced sodium soy sauce
- 4 chicken fillets cut in chunks (400g)
- 60g unsalted cashew nuts
- 2 tbsp. sunflower oil
- 2 onions, peeled and cut in chunks
- 2 red peppers, washed and cut in chunks
- 2 green peppers, washed and cut in chunks
- 2 cloves garlic, peeled and crushed
- 1 tablespoon ginger, peeled and grated
- 3 spring onions, peeled and sliced
- 1 tbsp. oyster sauce
- 1 tsp. soy sauce
- 100 ml homemade/reduced sodium chicken stock or water
- 2 tsp. corn flour mixed with 2 tbsp. water
- Finely shredded spring onion to garnish.

Methods:

1. Coat the chicken in the marinade mixture and allow to marinate for minimum 30 minutes.
2. Toast the cashew nuts for 2-3 minutes in a dry, non-stick frying pan, stirring regularly until they are golden brown in colour.
3. Heat half the oil in a wok. Fry the onion, red & green peppers, garlic, ginger and spring onions for about 2 minutes. Remove to a plate.
4. Heat the remaining oil and add the chicken with the marinade. Wait a few seconds before moving to allow the cornflour coating to set. If you start to move the chicken straight away it will stick to the wok.
5. Stir fry the chicken for about 5 minutes. Add the vegetables and the sliced spring onions back into the wok
6. Turn down the heat and add the oyster sauce, soy sauce and the chicken stock.
7. Add the cornflour mixture and bring to the boil while stirring until thickened.
8. Finally add the shredded spring onions and the toasted cashew nuts.
9. Serve with boiled wholegrain rice.

NUTRITION INFORMATION

Amount per serving

ENERGY (KCAL)	FAT	FAT (OF WHICH SATURATES)	CARBOHYDRATE	CARBOHYDRATE (OF WHICH SUGARS)	PROTEIN	FIBRE
463	14g	2g	56g	8.4g	26g	6g

breakthrough
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