

## Chicken with Cashews



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>469 kcal</b>

### Stuff that's in it:

- 525G Chicken Breast (Sliced Thinly)
  - 17G Cornflour
  - 4 Tbsp Light Soy Sauce
  - 20G Runny Honey
  - 1 Tsp Ground Black Pepper
  - 45Ml Teriyaki Sauce
- 350G Broccoli (Steamed Slightly)
- 150G Carrots (Chopped Into Thin Matchsticks Or Julienned)
  - 200G Red Pepper (Cubed)
  - 45 Cashews (Plain)
- 200G Basmati Rice (Dry Weight)
- 2 Garlic Cloves (Finely Chopped)
  - 1 Tsp Oil
- 100G Onion (Sliced Into Rings Or Sliced Finely)

### What you do:

In a bowl, add the soy, teriyaki, corn flour, pepper and honey, then mix well. In a separate bowl, add the chicken strips and add a couple of tbsp off the sauce, coat all over and wrap in cling film and pop in the

fridge for a few hours, with the separate remaining sauce.

When ready, put your rice on to boil and steam you broccoli lightly.

In a large fry pan or wok, heat the oil and add the onion, garlic, red pepper and carrot, soften for around 5 mins. Add the chicken and stir fry for around 7 minutes. Add the remaining sauce, then add the broccoli and cashews. Add a little water as the sauce might thicken too quickly, so this helps to make more sauce.

Serve with the rice.

Optional, add sesame seeds to finish.

### **Nutrition**

- Carbs: 46g
- Fat: 9g
- Protein: 48g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

**[www.fitfastcook.com](http://www.fitfastcook.com)**