

Chicken with Cashews



Serves	Prep Time	Cooking	Total Time	Calories
4 people				469 kcal

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

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