

## Super quick Chicken and Cashew stir fry with



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>2 people</b> |           |         |            | <b>632 kcal</b> |

### Stuff that's in it:

- 2 (300G) Chicken Breast (Sliced Thinly)
  - 5Ml Shaoshing Rice Wine
  - 5Ml Dark Soy Sauce
  - 10G Cornflour
  - 15Ml Groundnut Oil
  - 120G Shitake Mushrooms
- 2 (10G) Garlic Cloves (Sliced)
- 250G Broccoli Florets (Slightly Steamed)
  - 40G Cashew Nuts (Dry Fried)
  - 75Ml Chicken Stock
  - 1Ml Sesame Oil
  - 1 Tsp Reduced Salt Soy Sauce
- 100G Jasmine Rice (Cooked (Dry Weight))

### What you do:

Add your dark soy sauce and your rice wine to the chicken strips and leave for 10 minutes.

Toast your cashews in a fry pan until browned. Steam your broccoli for a few minutes. Put your rice on to cook.

Mix the chicken with the corn flour, add the groundnut oil to a wok and heat, add the mushroom, garlic and chicken and stir fry for a few minutes until golden. Add the broccoli and cashew and stir through, then add the stock, light soy and sesame oil. Stir fry until the stock is slightly reduced and the chicken is cooked all the way through. Serve with the rice,

### **Nutrition**

- Carbs: 54g
- Fat: 20g
- Protein: 52g

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