Dinner

Chicken and Cashew Nut Wok Toss

Thin slices of chicken thigh are seared, then tossed with crisp capsicum, snow peas, carrot, spring onions, garlic and ginger in a glossy tamari sauce, with roasted cashews stirred through at the end for crunch.



Dairy free

25 min	437	18.5 g	8.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 450 g chicken thigh, fat trimmed, thinly sliced
- [ ] 2 teaspoons sesame oil
- [ ] 1 cup unsalted roasted cashews
- [ ] 1 red capsicum, thinly sliced
- [ ] 1 green capsicum, thinly sliced
- [ ] 1 cup snow peas
- [ ] 1 small carrot, julienned (thin match sticks)
- [ ] 3 spring onions, chopped
- [ ] 2 cloves garlic, minced
- [ ] 1-inch piece of fresh ginger, grated
- [ ] Sauce
- [ ] 1 tablespoon reduced salt tamari
- [ ] 1 tablespoon oyster sauce (optional for richer flavour)
- [ ] ½ tablespoon rice vinegar
- [ ] 2 teaspoons sesame oil
- [ ] 1 teaspoon cornstarch mixed with 2 tablespoon water (for thickening)

Method

- [ ] **1** Start with the sauce: whisk the reduced salt tamari, oyster sauce, rice vinegar and sesame oil together in a small bowl, then stir in 1 teaspoon cornstarch mixed with 2 tablespoon water and set the sauce aside.
- [ ] **2** Heat 1 teaspoon of sesame oil in a large non-stick pan or wok over medium-high heat, add the sliced chicken thigh and cook for 5-7 minutes until browned and cooked through, then lift out and set aside.
- [ ] **3** Pour the remaining teaspoon of sesame oil into the same pan and stir-fry the garlic, fresh ginger, red capsicum, green capsicum, snow peas, small carrot and spring onions for 4 minutes so the vegetables turn just tender but stay crisp.
- [ ] **4** Return the chicken to the pan, pour in the sauce and toss everything to coat, cooking for another 2-3 minutes until the sauce thickens slightly and all is heated through.
- [ ] **5** Stir in the unsalted roasted cashews right before serving so they keep their crunch.

Nutrition Facts

Per serving

Calories	437
Total fat	25.4 g
Saturated fat	4.9 g
Sodium	600 mg
Total carbs	18.5 g
Fiber	7.2 g
Total sugars	8.1 g
Protein	30.3 g

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