

Soy Chicken and Cashew Stir-Fry - Gastrofantasies

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Ingredients

- 1 tsp Garlic
- 1 tsp Ginger Root
- 1/4 cup Less Sodium Soy Sauce
- 1 tbsp Chinese Rice Wine Vinegar
- 1/4 cup Cashew Pieces
- 2 tbsp Canola Oil
- 2 pieces Chicken Breasts
- 1 Whole Carrot
- 1 medium Red Bell Pepper, Raw
- 2 cups Broccoli, Steamed



Directions

Combine garlic, ginger, soy sauce, and rice wine vinegar in a small dish and reserve.

Toast cashew pieces in a dry sauté pan until golden brown. Your nose will tell you when they're done. Remove from heat and set aside.

In the same pan, heat the canola oil over high heat. Season the chicken with salt and pepper and sear in the hot oil. Move around the pan, stirring quickly, until golden brown. Remove from pan and reserve.

Cut carrot and red pepper into thin strips (julienne).

Add carrot and red pepper to pan. Season with salt and pepper and sweat until softened, just a minute or two. Return chicken to the pan, along with the soy sauce mix. Reduce heat to low and let cook until chicken is cooked through, just a minute or two. Add water if needed so that vegetables and chicken don't burn.

Add in broccoli and stir to heat through. Turn off heat and toss in sesame oil and chives, if using. Serve a gorgeous pile on the plate and top with some of the toasted cashew pieces. Enjoy.

Read more: <http://www.livestrong.com/recipes/gastrofantasies-soy-chicken-cashew-stir-fry/#ixzz26yCMYd4l>