



AuthenticRecipe

Cashew Chicken with Stir-Fried Vegetables

<i>Ingredients</i>	<i>serves 4</i>
<i>Preparation time</i>	<i>15 mins</i>
<i>Cooking time</i>	<i>30 mins</i>



THE **AUTHENTIC**
FOOD COMPANY™

METHOD

- Mix the chicken with egg white, salt and cornflour in a small bowl and put in a refrigerator for 20 mins.
- In a hot wok add some oil and heat, remove from the heat and immediately add the chicken stirring vigorously. After two mins drain and discard the oil.
- Heat the wok until very hot and add the 2 tbsp oil and cashew nuts stir fry for 1 min, then add rest of the ingredients. Return chicken to wok and stir fry for another 2 mins.
- Make the vegetables, trim the bean sprouts at both ends. Finely shred the chillies and the water chestnuts.
- Heat another wok or large frying pan until its very hot, add oil and garlic, ginger and spring onion stir fry for 15 seconds. Then add beansprouts, shredded chillies and shredded water chestnuts – stir fry for 1 minute.
- Add the rest of the ingredients and stir fry for 3 minutes
- Serve at once with steamed rice and chicken garnished with spring onions.

For the Chicken

Boneless chicken breasts
chopped 450g/cut into 1cm
cubes
1 Egg White
1tsp Salt
2tsp Cornflour
310ml Water
2tsp Groundnut/Peanut Oil
55g Cashew Nuts
1tbsp Shaoxing Rice Wine
1tbsp Light Soy Sauce
1tbsp Spring Onions

For the Vegetables

225g Beansprouts
110g Red/Green chillies
225g Water Chestnuts
2 tbsp Groundnut oil
Garlic and Ginger Finely chopped
2 tbsp of each
6 Spring Onions Shredded
Salt to taste
½ tsp Ground White Pepper
2tbsp Light Soy Sauce
2tsp Yellowbean Sauce
2tbsp Shaoxing rice wine
5tbsp Chicken Stock