

CASHEW CHICKEN





DIRECTIONS:

Mise en place

- Cut up all the veggies and set aside
- Wash and cut chicken, season and set aside
- Chop Cashews and set aside
- 1. Add seasoning and sesame oil to chicken and mix.
- 2. Once chicken is seasoned, add in egg white and cornstarch and mix
- 3. In a shallow pan, add 1/4 cup vegetable oil and bring to high heat
- 4. Shallow fry chicken until golden brown on each side and remove from pan
- 5. Dump the oil out of pan except for about 1 tbsp. Place back on stove
- 6. Add in all of the vegetables and cook for about 5 minutes. Add chicken back in and the chopped cashews
- 7. Add in sauce elements: hoisin, oyster sauce, chili paste, liquid aminos and a pinch of salt
- 8. Mix until well combined
- 9. Serve over rice of choice and enjoy!

servings: 4