

QUICK CHICKEN STIR-FRY W/ CASHEWS



RECIPE BY CLEAN PLATE

SERVES 2 ADULTS (OR 6 – 8 TODDLERS)

INGREDIENTS (CHICKEN MARINADE)

2	each	Chicken breasts, 1 cm cubes
2	each	Garlic cloves, crushed
3	Tbsp	Soy sauce

Mix all ingredients and reserve.



REMAINING INGREDIENTS

½	each	Red capsicum, sliced
½	each	Yellow capsicum, sliced
150	g	Beansprouts
½	cup	Water
2	tsp	Cornflour
		Salt and Pepper, to taste
¼	cup	Cashew nuts (omit if nut-free)
2	Tbsp	Oil, for cooking
		Rice or Noodles, to serve

METHOD

1. In a frying pan or wok, heat 1 Tbsp of oil and fry the marinating chicken pieces in batches, until nicely browned on both sides.
2. Transfer cooked chicken pieces to a plate until all chicken is done.
3. Add the remaining oil to the pan and add capsicums. Using a spatula, or wooden spoon, stir-fry for a couple of minutes, until they begin to soften.
4. Return cooked chicken to the pan and stir for a few seconds. Add the water and bring to a simmer.
5. Dissolve the cornflour in a little cold water and add to the pan, stirring. (This will thicken the sauce).
6. Add bean sprouts and stir. They should only take a minute or so to wilt. Check seasoning, adding a little more soy sauce, salt or pepper, if needed.
7. Add cashew nuts, cook for a further minute, and **serve!**



To make it **Nut Free**: Omit the cashew nuts

To make it **Gluten Free**: Use a gluten free soy sauce and serve with gluten free noodles (e.g. rice noodles)

To make it **Vegetarian**: Substitute chicken for tofu or another meatless alternative

