

Cashew Chicken Recipe

Ingredients:

450 g boneless chicken breast portions
1 red capsicum
2 garlic cloves
4 dried red chilies
2 tablespoons vegetable oil
2 tablespoons oyster sauce
1 tablespoon soy sauce
Pinch of granulated sugar
1 bunch scallions, cut into 2-in lengths
175 g cashews, roasted
Coriander (cilantro) leaves, to garnish

Method:

Remove and discard the skin from the chicken breasts and trim off any excess fat. With a sharp knife, cut the chicken into bite-size pieces and set aside. Halve the red capsicum, scrape out the seeds and membranes and discard, then cut the flesh into 2-cm dice. Peel and thinly slice the garlic and chop the dried red chilies. Preheat a wok and then heat the oil. The best way to do this is to drizzle a "necklace" of oil around the inner rim of the wok, so that it drops down to coat the entire inner surface. Make sure the coating is even by swirling the wok. Add the garlic and dried chilies to the wok and stir-fry over a medium heat until golden. Do not let the garlic burn, otherwise it will taste bitter. Add the chicken to the wok and stir-fry until it is cooked through, then add the red capsicum. If the mixture is very dry, add a little water. Stir in the oyster sauce, soy sauce and sugar. Add the scallions and cashew nuts. Stir-fry for 1-2 minutes more, until heated through. Spoon into a warm dish and serve immediately, garnished with the coriander (cilantro) leaves.

Cook's Tip: The Thais not only value cashew nuts, but also the "fruit" under which each nut grows. Although they are known as cashew apples, these so-called fruits are actually bulbous portions of the stem. They may be pink, red or yellow in color and the crisp, sweet fresh can be eaten raw or made into a refreshing drink. They have even been used for making jam. Cashew apples - and undried nuts - are rarely seen outside their growing regions.

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