



Palatable


Cashew Chicken

Ingredients

- 3 Chicken breasts, boned and skinned
- 1/2 lb. Chinese pea pods
- 1/2 lb. Mushrooms
- 4 Green onions
- 2 cups Bamboo shoots, drained
- 1 cup Chicken broth
- 1/4 cup Soy sauce
- 2 tb Cornstarch
- 1/2 ts Sugar
- 1/2 ts Salt
- 4 tb Salad oil
- 1 pack Cashew nuts (about 4-oz)

Instructions

1. Slice breasts horizontally into very thin slices and cut into inch squares.
2. Place on tray.
3. Prepare vegetables, removing ends and strings from pea pods, slicing mushrooms, green part of onions, and the bamboo shoots.
4. Add to tray.
5. Mix soy sauce, cornstarch, sugar, and salt.
6. Heat 1 tbsp of oil in skillet over moderate heat, add all the nuts, and cook 1 min shaking the pan, toasting the nuts lightly.
7. Remove and reserve.
8. Pour remaining oil in pan, fry chicken quickly, turning often until it looks opaque. Lower heat to low.
9. Add pea pods, mushrooms, and broth.
10. Cover and cook slowly for 2 mins. Remove cover, add soy sauce mixture, bamboo shoots, and cook until thickened, stirring constantly.
11. Simmer uncovered a bit more and add green onions and nuts and serve immediately.

 Source: 