

Sweet and Spicy Cashew Chicken

Ingredients

Chicken:

- 2 tbsp cornstarch
- 2 carrots sliced thinly
- ½ tsp sugar
- 2 cups snow peas
- ¼ tsp salt
- 1 ½ cups toasted cashews
- 3 whole chicken breasts (cut into 1" cubes)

Sauce:

- 2 tbsp oil
- ½ cup ketchup
- 2 or 3 tsp minced fresh ginger
- 4 tsp soya sauce
- 1 tbsp minced garlic ½ tsp salt
- 1 small onion chopped
- 2 tbsp Worcestershire sauce
- 2 red peppers (cut to bite size)
- 3 tbsp sugar
- 1 ½ tsp sesame oil
- ¼ tsp cayenne pepper
- ½ cup chicken broth



Instructions

1. Combine sauce ingredients and set aside.
2. In a bowl combine cornstarch, sugar and salt. Add chicken and toss.
3. Heat wok or frying pan to highest heat and add oil. Heat to hot, not smoking.
4. Add chicken, ginger, onion and garlic. Stir until chicken is opaque.
5. Add peppers and carrots. Stir about 3 minutes.
6. Add peas and sauce. Cook until it comes to a boil.
7. Add cashews and serve on a bed of rice.

Source: Tamie Jansen, Accounting

