
Stir Fried Chicken with Cashew Nuts

Description

Fresh Asian spices like lemongrass and Thai basil are becoming staples in today's modern day grocery stores. Use these ingredients to create a fragrant, delicious stir fry with healthy, low fat chicken breast.

Total time: 35 min Yield: 4 Servings

Ingredients

4 cup boneless, skinless chicken breasts (about 2 breasts; cut into bite sized pieces)
2 stalks of fresh lemongrass (inner white part only of the bottom stem, finely minced)
3 Thai bird chilies or local chili pepper (seeded and finely slivered)
4 clove garlic (minced)
1 Tbsp fresh ginger (finely minced)
1 Tbsp cilantro leaves/stems (finely chopped)
2 Tbsp canola oil
2/3 cup cashew nuts
2 Tbsp fresh squeezed lime juice
2 Tbsp Asian fish sauce
1 1/2 Tbsp light brown sugar or palm sugar
1 large bunch Thai basil (leaves only)
2 Tbsp cornstarch

Prep Time: 35 min Total Time: 35 min

Instructions

In a bowl, combine the chicken with the lemongrass, chiles, garlic, ginger, and cilantro, and mix well. Lightly toast the cashew nuts in a toaster oven or in a large pan until golden (use your nose; as soon as you can smell the nut roasting, it's done. They can burn very easily.)

If you don't have a wok, heat your largest pot over medium high heat and drizzle in the oil. Cook the chicken in two batches, stir frying until golden brown. Combine all the chicken in the pot/wok and add the lime juice, fish sauce, sugar and basil leaves and continue to stir fry for about one minute or until the basil leaves are starting to wilt. Mix the cornstarch with a little water then add to the pot to thicken the sauce. Serve with rice or rice noodles.

Recipe brought to you by:

Chef Michi Holland

Source:

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