

CHICKEN CASHEW STIR-FRY


40 mins


serves
4

- INGREDIENTS -

- 2 tsp Edmonds Fielder's cornflour
- 1 egg white, at room temperature
- 1/4 tsp salt
- 300 g chicken thighs, cut into thin strips
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce
- 2 tsp sesame oil
- 1 tsp sweet chili sauce
- 3 tbsp vegetable oil
- 1/2 cup cashew nuts
- 1 clove garlic, finely chopped
- 1 tsp finely chopped fresh ginger
- 1 red capsicum, thinly sliced
- 100 g button mushrooms, sliced
- 2 spring onions, sliced

1.



Combine cornflour, egg white and salt. Mix in with chicken strips. Chill for 20 minutes.

2.



Combine hoisin sauce, soy sauce, sesame oil and chili sauce. Set aside.

3.



Heat wok with 1 tablespoon of the oil. Stir-fry cashew nuts until lightly browned. Drain on paper towels.

4.



Add remaining oil to wok. Stir-fry garlic and ginger for 30 seconds. Add chicken. Toss for 1 minute.

5.



Add capsicum and mushrooms. Stir-fry for 1-2 minutes until chicken is white and cooked.

6.



Pour over sauce and stir for 2 minutes. Top with cashews and spring onions.