

CRUNCH TIME

Cashew Chicken



Serve Information: 1 Platter With Cashew Chicken And Rice

INGREDIENTS:

1 Tbsp peanut oil
200g Chicken breast fillet, diced
1/2 Onion, cut into narrow wedges
50g Small broccoli florets
1/2 Red capsicum, roughly chopped
1/2 Carrot, thinly sliced
2 Tsp cornflour
100ml Water
1 Tbsp soy sauce
50g Roasted cashew nuts
1 Shallot, chopped
100g Jasmine rice, cooked

EQUIPMENT:

Wok
Wok spatula
Plate
Mixing bowl
Spoon
Serving platter
Small bowl for rice plating

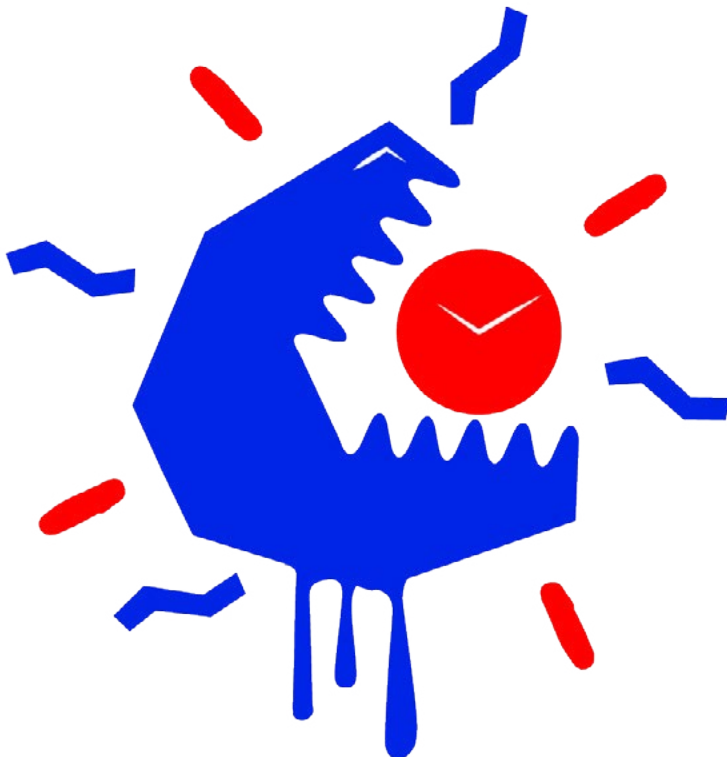


METHOD:

1. Heat oil in a wok on high heat
2. Stir-fry the chicken until cooked. Remove and set aside
3. Stir-fry onion, broccoli, capsicum and carrot
4. Return the chicken to the wok with the vegetables
5. Mix the cornflour with the water and soy sauce
6. Pour the sauce into the wok and bring to the boil, stirring constantly
7. Add the cashew nuts
8. Dish on to a plate beside moulded cooked rice
9. Sprinkle with chopped shallots

ADDITIONAL NOTES:

Dice chicken
Chop onions
Chop capsicum
Slice carrots
Chop shallots
Cook rice



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