



Chicken with Vegetables and Cashew Nuts Stir-Fry

Ingredients

- 1 lb For the sauce
- 3 cups water
- 2 tbsp Soy sauce
- 1 tbsp Sweet chili sauce
- 1 tsp Sugar
- 1 tsp Ginger, finely chopped
- 2 cubes Maggi® Chicken Bouillon
- 3 tbsp Corn flour
- 1 lb For the stir-fry:
- 2 tbsp Vegetable Oil
- 500 g Skinned chicken breast
- 0.75 cup Broccoli florets
- 1 Small Green bell pepper, chopped
- 1 Small Red Bell Pepper, chopped
- 1 cup Mushrooms, chopped
- 1 Medium Onion, finely chopped
- 0.5 cup unsalted roasted cashew nuts

Instruction

1. Combine all sauce ingredients in a saucepan. Bring to boil with stirring until the sauce thickens. Set aside.
2. Heat vegetable oil in a large non-stick saucepan or a wok and fry chicken slices for 4 mins or until they become golden brown in colour. Add all vegetables and stir for another 2 mins.
3. Fold the boiling sauce on top and bring to boil then simmer on low heat for 1 min. Add the cashew nuts and stir.

Nutrition

Carbohydrates	14.58 g
Energy	201.16 kcal
Fats	9.83 g
Protein	15.69 g

15 Minutes

7 Servings