



Just Recipes.

Chicken Stir-Fry with Asparagus and Cashews

A heart-healthy and low-calorie delight.

Ingredients

Serves 4

½ cup [125 ml]	raw cashews
1½ lbs [680 g]	skinless, boneless chicken breasts, cut into 1½-inch pieces
2 tbsp [30 ml]	Asian fish sauce
2 tbsp [30 ml]	vegetable oil
½ cup [125 ml]	chicken stock or low-sodium broth
1 lb [450 g]	asparagus, sliced on the diagonal into 1-inch thick pieces
1 tbsp [15 ml]	oyster sauce
1 tbsp [15 ml]	fresh lime juice
Pinch	cayenne pepper
½ cup [125 ml]	chopped basil
¼ cup [60 ml]	chopped chives
	freshly ground black pepper



Method

Preheat the oven to 350°. Spread the cashews in a pie plate and toast in the oven for about 8 minutes, until they are nicely browned and fragrant. Let cool.

In a medium bowl, toss the chicken with 1 tablespoon of the fish sauce. In a wok or large skillet, heat the oil until shimmering. Add the chicken in an even layer and cook over high heat, turning once, until browned and just cooked throughout, about 4 minutes. Using a slotted spoon, transfer the chicken to a clean bowl.

Pour the chicken stock into the wok and bring to a simmer, scraping up any browned bits. Add the asparagus slices, cover and cook over moderate heat until they are crisp-tender, about 3 minutes. Using a slotted spoon, transfer the asparagus to the bowl along with the chicken.

Add the remaining 1 tablespoon of fish sauce to the wok along with the oyster sauce, lime juice and cayenne pepper. Simmer until the sauce is reduced to 1/3 cup, about 2 minutes. Return the chicken pieces and sliced asparagus to the wok and toss to heat through. Remove the wok from the heat and stir in the cashews, basil and chives. Season the stir-fry with black pepper and serve right away with steamed rice.

Note: One serving (without rice) contains 369 calories, 17 g fat, and 2.8 g saturated fat. Cashews contain oleic acid, the same monounsaturated fat that makes olive oil so heart-healthy.

Recipe Credit: Stéphane Vivier, Food & Wine Magazine

Photo Credit: Marie Asselin

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