



Cashew Chicken with Red Bell Pepper and Broccoli

Servings

4

Calories

350

Prep Time

15 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 1 (12 ounce) bag Mann's Broccoli Wokly
- 1 large red bell pepper
- 4 boneless chicken thighs (excess skin trimmed or skinless)
- 1 tablespoon sesame oil
- ½ teaspoon salt, divided
- ¼ teaspoon crushed red pepper (optional)
- ⅛ teaspoon black pepper
- ⅛ teaspoon garlic powder
- 2 green onions, sliced on a bias (green parts only)
- 3-4 basil leaves, chiffonade
- ½ cup cashews, whole, unsalted, roasted
- 4 tablespoons cashew chicken sauce (store bought, or use recipe below)

Cashew Sauce

- 1 cup chicken broth
- ¼ cup tamari or coconut aminos
- 2 tablespoons sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon ginger, minced
- 2 teaspoons garlic, minced
- 2 teaspoons sugar
- 2 tablespoons cornstarch or arrowroot powder (optional)





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The Method

Preheat oven to 400°F.

Cut bell pepper in half lengthwise and remove stem, ribs, and seeds. Cut both halves into ½" wide slices. Then cut the slices in half across their width. Put bell pepper, broccoli, and sesame oil in a mixing well and toss until evenly coated. Add ¼ teaspoon salt and crushed red pepper to the bowl and toss.

Season each chicken thigh with remaining salt, black pepper, and garlic on both sides.

Arrange the chicken and vegetable mixture on a lined baking sheet in one closely packed layer. Bake on center rack for 30 minutes, or until chicken skin is crispy and golden brown.

For Cashew Sauce

Prepare the sauce by adding all ingredients except arrowroot powder to a small saucepan and bring to a simmer, whisking occasionally. Once the sauce reduces, add arrowroot powder for thickness, whisking as you add. Allow to thicken, then remove from heat. Season with salt or pepper as needed.

Garnish dish with scallions, cashews, and basil and drizzle with sauce before serving.

Nutrition Facts

Serving Size: 297g | Servings: 4

Amount Per Serving

Calories 350 | Total Fat 16g (sat fat 3g trans 0g) | Cholesterol 85mg | Sodium 530mg | Total Carbohydrate 21g | Dietary Fiber 4g | Sugars 10g (Includes 0g Added Sugars) | Protein 32g | Vitamin D 0% | Calcium 6% | Iron 15% | Potassium 20%