



cara price

CASHEW CHICKEN

INGREDIENTS

for the chicken:

- 3 pounds chicken tenders, cut in half
- 1/4 cup arrowroot flour
- 1-1/2 teaspoon salt
- 1 teaspoon each: ginger & garam masala
- 1/2 teaspoon pepper
- 3 tablespoons olive oil + 2 tablespoons sesame oil

for the sauce:

- 2/3 cup coconut aminos
- 6 ounce can tomato paste
- 1/4 cup orange juice
- 2 tablespoons each: dijon mustard, fish sauce, honey
- 1/2 teaspoon salt
- 6 cloves garlic, minced
- 3 tablespoons green onions
- garnish: green onions & chopped cashews

DIRECTIONS

place arrowroot flour & spices in a large baggie. add in chicken pieces & shake to coat.

in a medium bowl, whisk together all the ingredients for the sauce.

in a large skillet, heat olive oil & sesame oil. brown chicken evenly on both sides. pour sauce over chicken & bring it to a boil, then immediately back heat down to a simmer & cover.

allow to simmer for 15 minutes. check chicken to make sure it is totally done.

serve immediately.