

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynn Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

Chicken and Cashew Nuts with Vegetables

This dish is a firm favourite on the Chinese takeaway menu. This low-fat version needs no oil as the chicken breast meat is simmered in stock, making it juicy and succulent. This dish goes well with Vegetarian Fried Rice (see page 138).

INGREDIENTS 250 ml (8 fl oz) Chicken Stock (see page 17) • 400 g (13 oz) chicken breast, cubed • 2 tablespoons yellow bean sauce • 200 g (7 oz) carrots, sliced • 200 g (7 oz) bamboo shoots, sliced • 200 g (7 oz) cashew nuts, toasted • 1 spring onion, shredded

CORNFLOUR PASTE 1 teaspoon cornflour mixed with 2 tablespoons water or stock

ONE Heat the chicken stock in a saucepan. Add the chicken meat and bring the liquid back to the boil, stirring. Lower the heat and cook for 5 minutes. Remove the chicken with a slotted spoon and set aside.

TWO Add the yellow bean sauce and cook for a couple of minutes. Add the carrots and bamboo shoots and cook for another couple of minutes.

THREE Return the chicken to the pan, bring the sauce back to the boil and thicken with cornflour paste.

FOUR Stir in the cashew nuts and spring onion just before serving.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 1549 kJ – 371 kcal – 33.3 g protein – 15.2 g carbohydrate – 7.6 g sugars – 20.0 g fat – 4.1 g saturates – 3.3 g fibre – 268 mg sodium

HEALTHY TIP Cashew nuts are an excellent source of vitamin E and the B vitamins. Although their high fat content makes them calorific, the type of fat cashew nuts contain is mainly in the healthy form of unsaturated fatty acids.

