

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.

