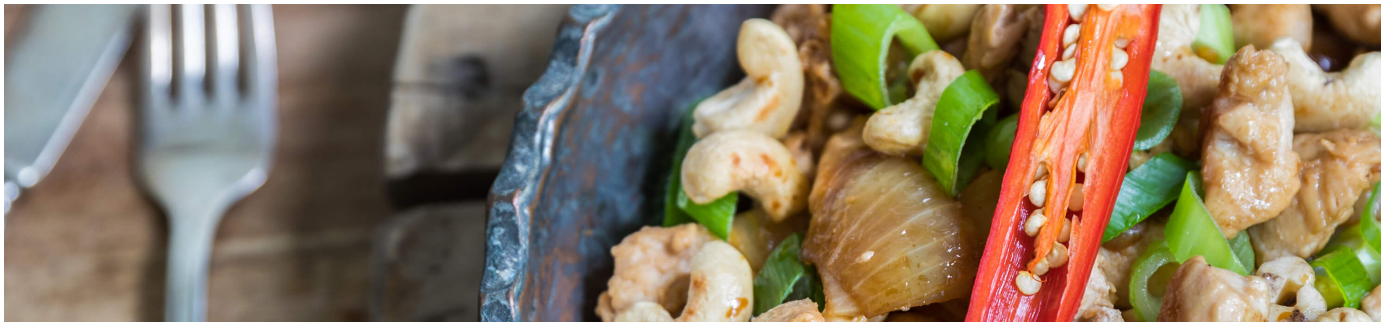


# Thai chicken with cashew nuts



 30 min.  678 kcal  SteviaSweet Crystal

## Preparation

Mix the ingredients for the sauce. Heat some of the oil in a frying pan and fry the cashew nuts until they are golden brown. Drain the cashew nuts on a paper towel. Fry the chicken and then leave it to one side.

Finely chop the garlic and the chilli. Chop the onion into large pieces and the spring onion into rings.

Heat the rest of the oil and add the onion, garlic and chilli. Fry until the garlic is slightly done. Add the chicken and sauce. Bring to the boil and serve. Sprinkle the cashew nuts and the spring onion on top. Serve with jasmine rice.

## Ingredients for 4 servings

100 ml	rapeseed oil
5	cloves of garlic
2	onions
3	The stems from 3 spring onions
2-3	dried red chilli peppers
200 g	cashew nuts
500 g	chicken breast fillet, sliced

## Sauce

4 tbsp	soya sauce
2 tbsp	fish sauce
1 tbsp	SteviaSweet Crystal
150 ml	good-quality chicken stock

## Nutritional information per portion

678	kcal
2848	kJ
50	g Protein
20	g Carbohydrates
50	g Fat