
Cashew Chicken with Snap Peas

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Servings: 4

Start to Finish Time: 30 minutes

1 cup long-grain white rice
1 pound boneless/ skinless chicken breasts, diced
1 tablespoon + 1 teaspoon cornstarch
2 tablespoons + 2 teaspoons low-sodium soy sauce
1/4 cup hoisin sauce
1 tablespoon rice vinegar
1 tablespoon sugar
2 teaspoons fresh ginger, finely grated
2 cloves garlic, grated
2 tablespoons vegetable oil
8 ounces sugar snap peas, trimmed
1/2 cup roasted unsalted cashews

Cook the rice according to package directions. Set aside off of the heat, 5 minutes, then fluff with a fork.

Meanwhile, In a large bowl, toss the chicken with one tablespoon of cornstarch and two teaspoons soy sauce. Set aside for 5 minutes. In a separate bowl, stir together the hoisin sauce, remaining two tablespoons of soy sauce, the vinegar, sugar, ginger, garlic, remaining one teaspoon of cornstarch and one tablespoon of water until smooth. Set aside.

Heat the vegetable oil in a large nonstick skillet over medium-high heat. Add the chicken in a single layer and cook, stirring once or twice, until golden and almost fully cooked through, 5 minutes. Transfer to a plate, leaving any drippings behind. Add the snap peas to the skillet and cook until bright green, 1 to 2 minutes. Stir in the cashews to lightly toast, about 1 minute.

Return the chicken to the skillet and pour in the hoisin sauce mixture. Cook, stirring, until the sauce thickens slightly and coats the chicken and vegetables, 1 to 2 minutes.

Divide the rice among plates or shallow bowls. Top with the chicken mixture and sauce.

Chicken

Per Serving (excluding unknown items): 322 Calories; 8g Fat (21.8% calories from fat); 7g Protein; 55g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 1464mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.