

Cashew Chicken

4 chicken breast halves; cut into 1/2-inch cubes
2 T. sesame oil
2 carrots; sliced
1/2 green pepper; diced
8 oz. fresh mushrooms; sliced
1 can pineapple chunks
5 oz. cashews
cooked rice

Sauce:

1/2 c. soy sauce
2/3 c. sugar
1/3 c. vinegar
1/4 c. cold water
2 T. cornstarch

*Suggestion: I would cook the ingredients in the order listed below. Unless you feel confident enough to have everything going at once...which I'll admit took me a few times to get to that point. :)

1. Asian egg rolls - I do have a fabulous recipe for these, but they are VERY time consuming. So in an effort to save time and sanity I use the store-bought version. The brand featured in the picture below is pretty tasty. I put these in the oven first because they only take about 20 min. to cook. Which is how long the Cashew Chicken will take start to finish. (I wouldn't recommend microwaving these because the crust will turn out soggy rather than crispy.)

2. Rice - If you plan to use traditional rice, go ahead and get it started. Again, regular rice takes about 20 minutes to cook. If you plan to use the 5 minute rice, you would obviously want to cook it last. (I use the traditional rice.)

3. Sauce - In a saucepan combine soy sauce, sugar, and vinegar. Mix cornstarch with cold water and blend into a sauce. Cook until thick. Can be refrigerated for later use at this point.

4. Chicken - Cut chicken into 1/2-inch cubes. Stir-fry chicken pieces for 3-5 minutes in sesame oil in a Wok pan [if you have one - any pan works fine for this].

5. Add vegetables, cooking until barely tender. Add nuts and pineapple.

6. Pour sweet and sour sauce over chicken mixture. Serve Cashew Chicken over rice with an egg roll on the side.