

# Chinese Chicken and Cashew Nuts

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-chicken-and-cashew-recipe>

## Ingredients:

- 2 tablespoons cornflour
- 5/8 cup chicken stock
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 4 chicken breasts chopped into large chunks
- 1 onion chopped
- 1 garlic chopped
- 1 ginger thumb size Piece of, chopped
- 1 red pepper chopped
- 1 can water chestnuts drained
- 7 tablespoons cashew nuts
- 2 spring onions chopped

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 145 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 57 grams
7. SaturatedFat: 5 grams
8. Sodium: 1000 milligrams
9. Sugar: 6 grams

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