

Chicken, Snow Pea & Cashew Stir-fry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-snow-pea-recipe>

Ingredients:

- 12 mushrooms dried Chinese, shiitake
- 3 tablespoons dry sherry
- 1 pound skinless, boneless chicken thighs thinly sliced
- 1 tablespoon cornstarch cornflour
- 1/2 cup chicken broth
- 3 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1 tablespoon canola or peanut oil
- 2 tablespoons chopped ginger finely
- 4 garlic cloves minced
- 4 ounces snow peas topped & tailed
- 8 ounces water chestnuts can sliced, drained
- 1/4 cup thinly sliced green onions
- 1/3 cup unsalted cashews toasted

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 590 milligrams
9. Sugar: 3 grams

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