



This recipe was crafted by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at worldhelp.net/freedom.

INGREDIENTS

3 Chicken Breasts
1-2 cups Baked Cashew Nuts
3 Bell Peppers, diced
(1 green, 1 yellow, 1 red)
1/2 cup Flour
3 cloves Garlic, minced
1/4 tsp Salt
1 1/4 Tbsp Sugar
1/2 Tbsp Sesame Oil
1/2 tsp Pepper
2 Tbsp Oyster Sauce
2 Tbsp Soy Sauce
2 Spring Onions, sliced
2 cups Vegetable Oil
2 Tbsp Olive Oil

Cashew Chicken

1. Slice chicken into small chunks and place in a bowl. Add salt and pepper and mix well to coat chicken.
2. Dip chicken into flour and fry in hot vegetable oil until cooked through. *(Note: Save some vegetable oil for Step 3.)*
3. Clean out pan and add more vegetable oil. Fry cashew nuts over low heat until golden.
4. In a separate wok or frying pan, heat olive oil. Then, add garlic and cook for 30 seconds or until fragrant.
5. Add chicken and cashew nuts to pan with garlic and stir fry until combined.
6. Add oyster sauce, soy sauce, sugar, and sesame oil. Mix well.
7. Add spring onions and bell peppers and stir fry until all ingredients are cooked.
8. Serve immediately with steamed jasmine rice.