



Chicken and Cashew Nuts Recipe

Ingredients	Preparation
<ul style="list-style-type: none">• 500 g of chicken• tablespoons of olive oil• small onion• Zest of a lemon• 200 ml of chicken stock• 1 tablespoon of soya sauce• A handle of whole cashew nut or into half <p>Sauce :</p> <ul style="list-style-type: none">• 1 tablespoon of corn starch• 50 ml of water (1,5 oz)	<p>Source : nutshealth.com</p> <ul style="list-style-type: none">• Slice the onion thinly.• Brown the chicken a few minutes at high heat.• Reduce heat and add onions, lemon zest, stock and soya sauce.• Let simmer a few minutes so that the sauce reduce slightly.• Add the corn starch to the water then add to the dish.• Stir gently to thicken sauce a little.• Then add cashew nuts and reduce the heat.• Let simmer a few minutes. <p>The chicken with cashew nut is very tasty when served on rice.</p>

