

Cashew Chicken

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Ingredients:

- 1/2 cup cashews, plus more for garnish
- 2 Tbsp extra-virgin olive
- 3 chicken breasts, cut into a small cubes
- 1 white onion, diced
- 4 cloves garlic
- 1 inch piece fresh ginger root, grated
- 1 red pepper, diced
- 1 1/2 Tbsp garam masala
- 1/2 tsp cinnamon
- 1 tsp chili powder
- 2 Tbsp fresh lemon juice
- 1 Tbsp tomato paste
- 1/2 cup puréed tomatoes
- 1/2 cup (roughly) plain yogurt
- 3 cups broccoli and/or cauliflower
- cilantro leaves, for garnish
- salt and freshly ground pepper

Preparation:

Try this recipe in the slow cooker!

1. Pulse cashews in a blender or food processor.
2. In a large frying pan or stovetop wok (flat bottom) heat olive oil and add cubed chicken. Toss until it's just cooked through. If needed, add more olive oil.
3. Add onion, garlic, ginger, pepper and spices. Sauté for a few minutes then add cashews.
4. Add lemon juice, tomato paste and tomatoes. Blend well.
5. Add yogurt to desired taste and sauce consistency.
6. Simmer on low heat.
7. Serve over stir-fried vegetables such as broccoli or cauliflower.
8. Garnish with chopped cilantro and cashews. Add salt and pepper to taste.