

Cashew Chicken

Recipe makes 6 meals

Ingredients

1.5 lbs Boneless Skinless
Chicken Breast, chopped
1.5 C White Rice, uncooked
1 C Cashew Halves
1 Green Bell Pepper, sliced
1 Red Bell Pepper, sliced
1/2 White Onion, sliced
12 oz bag Frozen Broccoli
2 Tbsp Cooking Oil
2 Tbsp Brown Sugar
2 Tbsp Rice Vinegar
2 Tbsp Soy Sauce
2 Tbsp Oyster Sauce
2 Tbsp Corn Starch
1 Tbsp Mined Garlic
1/2 Tbsp Garlic Powder
1 tsp Salt
1/2 tsp Ginger
1/2 tsp MSG
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 475

Fat - 15g

Carbohydrates - 55g

Protein - 34g

**Estimated Cost
Per Meal**

\$2.51

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Instructions

1. Start by chopping your chicken and slicing you bell peppers and onion. Set those aside.
2. Heat a large skillet over medium-high heat and add in 2 Tbsp of cooking oil (olive or vegetable oil of choice). Once your oil is hot, add in your chicken and season with a little salt and pepper.
3. While your chicken is cooking start on your sauce. In a bowl add 2 Tbsp brown sugar, 2 Tbsp rice vinegar, 2 Tbsp soy sauce, 2 Tbsp oyster sauce, 2 Tbsp corn starch, 1 Tbsp minced garlic, 1/2 Tbsp garlic powder, 1 tsp salt, 1/2 tsp ginger, and 1/2 tsp MSG. Mix well and set aside.
4. If you are using frozen broccoli, heat in the microwave for a few minutes to reduce the cook time needed. When done, add it to your chicken along with your sliced bell pepper and onion. Mix and cook for 2-3 minutes.
5. Once your onions are translucent add 1 cup of cashew halves and/or pieces. Mix together and cook for 1-2 minutes.
6. Add your sauce to your chicken, along with 1 cup of water. Mix all that together, cover with a lid, and reduce the heat to a simmer. Cook for 10-15 minutes to allow your sauce to thicken.
7. While that is simmering start on your rice.
8. When your chicken is done, taste and add salt and pepper to preference.
9. Portion your cooked rice out into your meal containers and top with your cashew chicken.

10. Enjoy!

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Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.