



TODAY'S MAIN INGREDIENT

Stir-fried Chicken and Snow Peas

INGREDIENTS – Serves 2 as main course

3 Tablespoons cornstarch
1 cup chicken stock
2 Tablespoons rice wine vinegar
2 teaspoons sugar
2 Tablespoons vegetable oil
1/2 pound snow peas, strung, tips and tails removed, cut on the diagonal into 1/4-inch strips
3/4 pound skinless chicken (breasts or thighs), cut into thin strips
1/4 pound unsalted cashews (optional)
3 Tablespoons soy sauce
2 teaspoons Dijon mustard
1 cup cilantro leaves (optional)

Note: It is important to cut the chicken into thin strips, so it cooks quickly.

STEP 1 – Dissolve the cornstarch in the stock. Mix in rice vinegar and sugar. Set aside.

STEP 2 – Over high heat, heat oil in a large skillet or wok until it is shimmering. Add snow peas; toss to coat with oil.

STEP 3 – Add the chicken. Toss and cook for 2 minutes or until the outside of the chicken is white.

STEP 4 – Stir in the cashews (if using) and toss for 30 seconds.

STEP 5 – Stir the cornstarch mixture and then pour it into the pan or wok. Cook for 2 to 3 minutes until thickened.

STEP 6 – Add soy sauce, mustard and half the cilantro (if using). Stir until combined. Serve topped with remaining cilantro.