

Curried Chicken and Cashews

"Madras Curry powder delivers more intensity than regular curry powder. For less heat, leave the chiles whole." ~Cooking Light

Sauce

- 1/3 cup less-sodium chicken broth
- 3 tablespoons water
- 1 1/2 tablespoons fish sauce (Yes, you read that correctly!)
- 1 teaspoon sugar
- 1 teaspoon rice vinegar

1. Combine the sauce ingredients and set aside.

Remaining Ingredients

- 3/4 pound skinless, boneless chicken breast halves
- 2 tablespoons canola oil, divided
- 1 1/2 cup vertically sliced onion, divided
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon minced garlic
- 1 teaspoon Madras curry powder
- 3 small dried hot red chiles, broken in half
- 1/3 cup chopped fresh cilantro
- 1/4 cup dry-roasted salted cashews, chopped
- 3 cups hot cooked brown rice

1. Cut chicken across the grain into 1/4-inch slices; cut slices into 1/2-inch-wide strips. Cut strips into 3 inch long pieces.
2. Heat a 14-inch wok or skillet over high heat. Add 1 tablespoon oil and swirl to coat. Add half the chicken to the pan and stir fry for 2 minutes. Spoon chicken into a bowl. Repeat with 2 more teaspoon oil and remaining chicken.
3. Add remaining 1 teaspoon oil to the pan, swirling to coat. Add onion and stir-fry until lightly browned. Add ginger and garlic and cook for 1 minute. Add curry powder and chilies and stir-fry for 30 seconds. Add sauce and chicken and cook for 3 to 4 more minutes until the sauce begins to reduce. Spoon over rice and sprinkle with cilantro and cashews.

Recipe instructions adapted slightly from Cooking Light Way to Cook. www.cookingphotographer.com