

Cashew Chicken and Vegetables



Serves	4
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 500g chicken breast fillets
- 1/2 cup plain white flour
- pinch salt
- sunflower oil
- 2 spring onions (Chopped)
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt
- 2 tablespoons cashew paste
- 1 clove garlic (large)
- 1/2 cup cabbage (Chopped or shredded)
- 1/2 cup vegetables (Finely chopped, e.g. green beans, swede, lentils, brussel sprouts. If moderate salicylates are tolerated include carrot or peeled zucchini; if moderate glutamates are OK include peas.)
- 1 cup Vegetable Sauce (Refer to Basics Page)
- water

Directions

1. Slice the chicken into strips.
2. Put the flour and pinch of salt in a freezer bag. Place the chicken in the bag and shake to coat the chicken.
3. Shallow fry the chicken in some oil until cooked, then set aside in a dish with some paper towel to absorb the excess oil. Drain most of the oil from frying pan and discard.
4. Add the cashew paste and garlic to the frying pan with the spring onions, salt and sugar and a dash of water. Stir until it forms a fairly runny sauce. Add more water if needed - even a cup or so. Add the vegetables, cabbage, sauce and chicken and stir until the whole lot is coated in the sauce.
5. Put a lid on and let the cabbage and veggies steam until cooked.
6. Serve with rice or noodles.

Note

Low Chemical / Failsafe, Moderate Salicylates, Moderate Glutamates

Refer to Basics Page for [Vegetable Sauce Recipe](#).