

Killer Chicken and Cashew nuts

3 cloves garlic finely chopped
3 small birds eye chillies finely chopped
1/2 onion quartered (#1 see notes)
60g butter
2 tbsp. oil
400g ish Chicken Thighs, trimmed of fat, chopper into bite size pieces
2 tsp plain flour
Massel style vegetable stock cube dissolved in 250 to 300 ml boiling water
150g cashew nuts
Handful green beans, topped, tailed and halved
Baby spinach
Frozen peas
Large handful bean sprouts
1/2 onion quartered (#2 see notes)

Have the ingredients prepared before starting

Put the oil and butter into a wok or large fry pan
Melt the butter over a low heat
When melted add the garlic, chilli and #1 onion
Turn the heat up a little and cook, stirring until the onion is translucent
In the meantime throw the flour over the Chicken and stir/toss until the chicken is covered
When the onion in the pan is cooked turn up the heat and add the chicken
Stir until the chicken looks cooked
Add the stock to the pan and stir, deglazing the pan
Add the nuts
Keep stirring while the sauce thickens. If it gets too thick add a little water
Add the beans and peas and keep stirring for a few minutes
Add the bean sprouts, #2 onion and spinach and stir for just a minute

Serve, with soy sauce to taste

Notes:

1. #1 Onion is 1/2 onion sliced once across the middle and quartered from above
2. #2 onion is 1/2 onion sliced thinly and quartered from above
3. The chillies should be about 2cm long