

Seasonal Eating



Asparagus and Chicken Stir Fry with Cashews

- 1 tablespoon sesame oil
- 1 bunch asparagus spears, trimmed and cut in 1" pieces
- 1 pound boneless, skinless chicken breasts, cut into bite size pieces
- 2 tablespoons minced, fresh ginger root
- 4 green onions, cut into 1/2" pieces
- 2 tablespoons oyster sauce
- 2 teaspoons asian chili-garlic sauce
- 1/2 cup chicken broth
- 1 teaspoon cornstarch
- 1/2 cup cashew nuts

In large skillet, heat oil. Add asparagus and stir fry for 2 minutes. Add chicken and ginger root and cook, stirring, for 4 minutes. Add green onions, oyster sauce and chili sauce. Mix chicken broth and cornstarch and add to pan. Cook another 1-2 minutes until chicken is cooked through and the sauce is thickened. Add cashews, stirring to coat and serve over rice.