

Chicken Broccoli with Cashews



PREP TIME:
15 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

**Adapted from The Cancer-Fighting Kitchen by Rebecca Katz.*

Ingredients:

- 1 ½ lb. Organic Chicken Breast – **Cut into bite-sized pieces**
- ½ Teaspoon Himalayan Sea Salt
- Juice from one Lime
- 2 Teaspoons Kudzu Root Powder (or Arrowroot Powder)
- ¼ Cup Cold Water
- 2 TBSP Olive Oil (or Sesame Oil)
- 3-4 Cups Organic Broccoli Florets
- ½ - ¾ Cup Raw or Roasted Organic Cashews

Sauce Ingredients:

- ¼ Cup Tamari
- ¼ Cup Water
- 1 TBSP Pure Maple Syrup
- 2 TBSP Freshly Squeezed Lime Juice
- 1 TBSP Rice Vinegar
- 3-4 Garlic Cloves – Minced
- 2 Teaspoons Ginger – Minced
- 2 TBSP – Coconut Aminos

Instructions:

1. In a large glass bowl – combine juice from one lime and ½ teaspoon salt. Add chicken and stir to coat. Place back in fridge.
2. In a sm. bowl – add Kudzu (or Arrowroot) with ¼ cup cold water. Whisk until combined. Set aside.
3. **Sauce:** Add all sauce ingredients in medium bowl. Stir and set aside.
4. Remove chicken from fridge.
5. Warm up wok and add oil. Once oil is heated & wok is hot – add chicken and stir for 2-3 minutes. Add broccoli – Cook & Toss for 2-3 minutes until broccoli turns bright green. Add in the Kudzu slurry and stir until completely covered. Add the sauce – stir & toss until completely covered and combined – another 30 – 45 seconds.
6. Serve immediately and top with cashews for garnish.

***Try and use all organic ingredients if possible.**