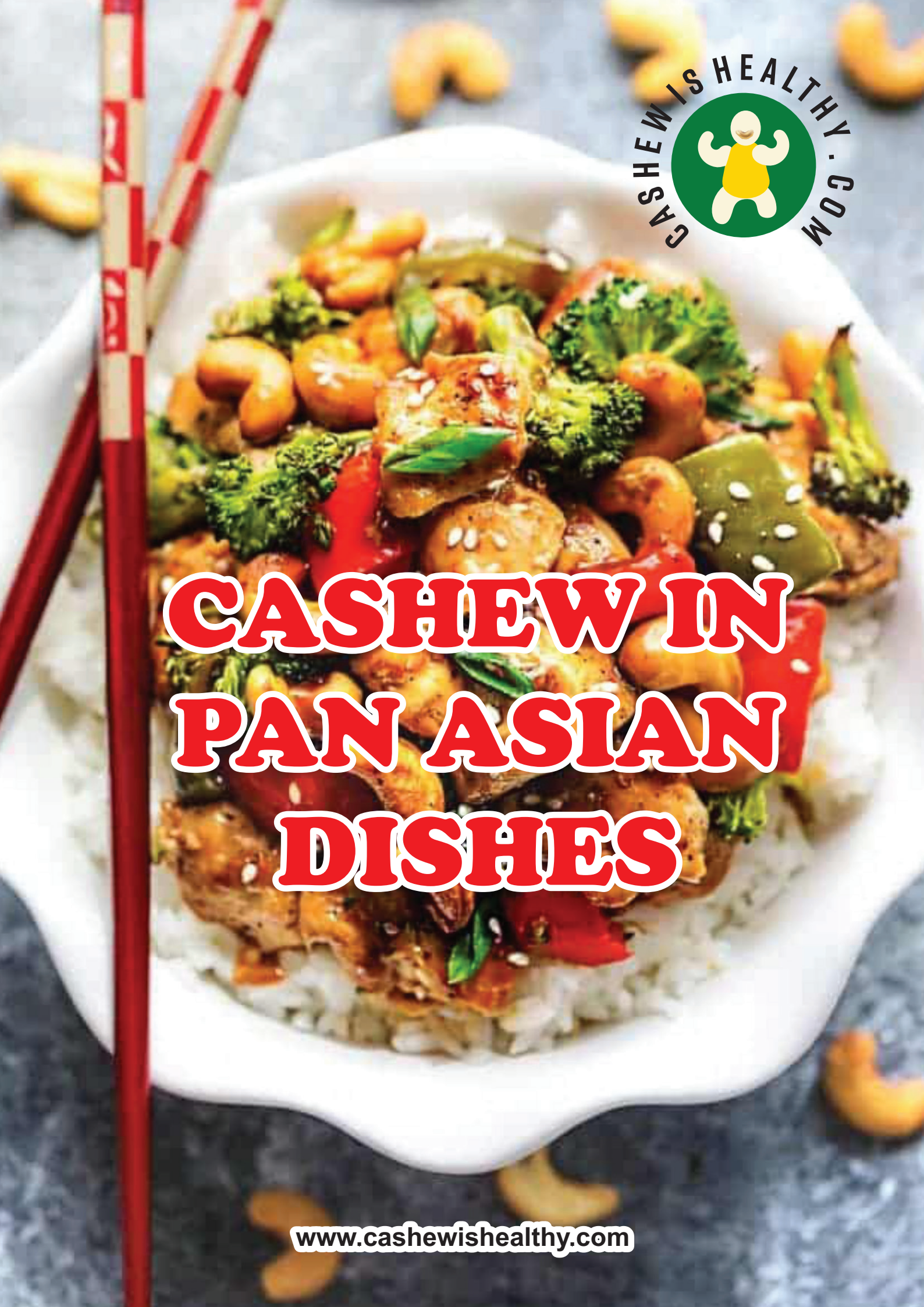
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Content

Cashew Cauliflower Recipe:.....3

Cashew Chicken and Bok Choy Recipe:.....4

Cashew Chicken with Noodles Recipe:.....5

Cashew Mango Grilled Chicken Recipe:.....6

Cashew Shrimp Recipe:.....7

Cashew-Crusted Salmon Skewers Recipe:.....8

Chicken and Cashew Nuts Recipe:.....9

Chicken and cashew stir-fry Recipe:.....10

Chicken with Chilies & Cashews Recipe:.....11

Orange-Cashew Chicken and Rice Recipe:.....12

Pineapple Fried Rice with Cashews Recipe:.....13

Prawn, Pineapple & Cashew Fried Rice Recipe:.....14

Sesame Cashew Noodle Bowl Recipe:.....15

Spicy Tomato-Braised Chicken with

Tumeric and Cashew Recipe:.....16

Thai Cashew Nut Chicken Recipe:.....17

Turmeric Tofu Cashew Curry Recipe:.....18

Cashew Cauliflower Recipe

Ingredients

- 1 tbsp olive oil or canola oil
- 1 small head of cauliflower, cut into bite-sized florets
- 1 red bell pepper, seeds and stem removed and cut into bite-sized squares
- 1 green bell pepper. Seeds and stem removed and cut into bite-sized squares
- 1 cup unsalted whole cashews or cashew halves
- 2 green scallions, finely sliced

Sauce

- 4 garlic cloves,minced
- 3 1/2 tbsp hoisinsauce
- 1 1/2 tbsp ricevinegar
- 1 1/2 tbsp low sodium soy sauce
- 1 tbsp light brown sugar
- 1 tsp sesame oil
- 4 tbsp water
- 2 tbsp water + 2 tsp cornstarch

Preparation

1. Add oil to a large skillet or wok. Bring to medium high heat. Add in cauliflower and bell peppers. Stir and cook until vegetables are tender but still crispy. Turn off heat. Drain any liquid from the pan.
2. In a small saucepan, add all sauce ingredients except the 2 tbsp water + 2 tsp cornstarch. Bring sauce to a simmer and cook about 1-2 minutes, stirring occasionally, until sauce is slightly reduced and flavor of the garlic is infused into the sauce. Taste and adjust sauce as needed tosuit personal preference.
3. In a small bowl, add cornstarch into water. Use a small whisk or fork to stir until cornstarch is completely dissolved into the water. Pour into sauce. Stir immediately and mixit in to the sauce to prevent cornstar clumping. Bring sauce to a simmer again and cook just until sauce is thickened. This should take less than a minute. Sauce should be able to coat the back of a spoon. Remove sauce from heat and pour into the cauliflower mixture. Add in cashews. Bring cauliflower pan to low heat and stir and toss until all the vegetables and cashews are evenly coated in sauce. Be careful not to have the heat too high as it will overcook your vegetables and it will also make your sauce watery. Once vegetables are evenly coated, dish out and garnish with scallions.

Cashew Chicken and Bok Choy Recipe

Ingredients

- 1 tablespoon olive oil
- 1-pound chicken thighs (boneless, skinless, thinly sliced)
- 2 heads baby bok Choy (thinly sliced)
- 3 cloves garlic (peeled, sliced)
- 1/2 teaspoon chili flakes
- 1/3 cup roasted cashews (roughly chopped)
- 1/4 cup cilantro (stemmed, chopped)
- 1/4 cup water
- 1 tablespoon soy sauce or tamari
- 1 teaspoon Sriracha
- Kosher salt and ground black pepper (to taste)

Instructions

1. Place a large cast-iron pan over high heat and add olive oil.
2. Pat the chicken dry with paper towels, season with salt and pepper, and then add it to the pan in an even layer.
3. Cook without moving for 3 minutes until golden brown, flip and stir in the bok choy, garlic, and cashews.
4. Season with salt and pepper then continue to cook for another 2 minutes. Deglaze the pan with water, and cook for 1 minute more.
5. Stir in the soy sauce and Sriracha, remove to a platter, and serve!

Cashew Chicken with Noodles Recipe

Ingredients

- 8 ounces uncooked thick ricenoodles
- 1/4 cup reduced-sodium soysauce
- 2 tablespoons cornstarch
- 3 garlic cloves,minced
- 1 pound boneless skinless chicken breasts, cubed
- 1 tablespoon peanut oil
- 1 tablespoon sesame oil
- 6 green onions cut into 2-inch pieces
- 1 cup unsalted cashews
- 2 tablespoons sweet chili sauce
- Toasted sesame seeds, optional

Instructions:

Cook ricenoodles.
Meanwhile, in a small bowl, combine the soy sauce, cornstarch and garlic. Add chicken. In a large cast-iron or other heavy skillet, sauté chicken mixture in peanut and sesame oils until no onions; cook 1 minute longer.

Longer pink. Add

Drain noodles; stir into skillet. Add cashews, chili sauce, and heat through. If desired, top with toasted sesame seeds.

Cashew Mango Grilled Chicken Recipe

Ingredients

- 1/4 cup mango chutney, chopped
- 1/4 cup cashew butter
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 8 boneless skinless chicken thighs
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1 large mango, peeled and thinly sliced
- 1/3 cup lightly salted cashews, chopped
- Additional mango chutney, optional

Directions

- Mix together first four ingredients until blended.

- Sprinkle chicken with salt and pepper flakes; place on an oiled grill rack over medium heat. Grill chicken, covered, until a thermometer reads 170°, 6-8 minutes per side, brushing with chutney mixture during the last 5 minutes. Serve with mango; top with cashews and, if desired, additional chutney.

Cashew Shrimp Recipe

Ingredients

- ¼ cup Low Sodium Soy Sauce, or regular soy sauce
- 1Tablespoon Rice Wine Vinegar
- 1Tablespoon Packed Brown Sugar
- 2 Tablespoons Oyster Sauce
- ½ tea spoon Toasted Sesame Oil
- 3 Tablespoons Vegetable Oil
- 1-poundshrimp, cleaned and seasoned with a little salt & pepper
- 3clovesgarlic, chopped
- 1-inch piece fresh ginger, peeled & grated
- ¼ cup Sherry
- 2Table spoons Cornstarch, mixed well with ¼ cup of cold water until smooth
- 1cup Cashews, Unsalted
- Ground white pepper to taste, you can use black if need be
- 2Green Onions, Sliced
- Cooked Rice for Serving

Preparation

1. In a small bowl, mix together the soy sauce, rice wine vinegar, brown sugar, oyster sauce, and sesame oil. Set aside
2. Heat the vegetable oil in a wok or large skillet over high heat and add the shrimp and stir fry until pink (about 2 minutes). Remove from wok and set aside.
3. Using the same pan, add in the garlic and ginger and stir to combine. Cook for about a minute.
4. Pour in the sherry. Stir it around, scraping the bottom of the pan to loosen all the flavorful bits that may have stuck to the wok. Cook for about 2 minutes to cook off the alcohol.

5. Turn the heat to medium-low and pour in the sauce mixture, then mix in the cornstarch mixture. Stir the sauce for 1 to 2 minutes to thicken, then add the cashews and pepper (to taste). Stir to coat everything with the sauce. You can add a little water if the sauce looks too thick. Add the shrimp to the sauce.

Sprinkle on the green onions. Serve with cooked rice.

Cashew-Crusted Salmon Skewers Recipe

Ingredients

- 8 skinned center-cut salmon fillets, pin bones removed
- ½ cup ground raw cashews
- 2 Tbsp raw sesame seeds, white or black
- ¼ tsp salt plus more to taste
- 1 Tbsp tahini
- 2 tsp fresh lemon juice
- 1½ Tbsp coconut oil
- 1 Tbsp sliced green onions, white and green parts
- 1½ tsp sesame oil
- 2 lemon wedges, for serving

Preparation

1. Cut salmon into six equal pieces. Combine cashews, sesame seeds and ¼ tsp salt in a shallow, wide bowl. In another small bowl, whisk 1½ Tbsp water, tahini and lemon juice. Season withsalt.
2. Toss salmon in tahini mixture until evenly coated. Dredge salmon in nut mixture to coat evenly.
3. In a medium nonstick skillet, heat coconut oil over medium until hot but not smoking. Cook salmon 8 minutes or until golden brown on all sides, turning to cook evenly. Remove from pan; cool slightly.
4. Gently skewer each salmon piece securely on a 4-inch bamboo skewer (so it resembles a lollipop).Sprinkle with onions, drizzle with sesame oil and serve with lemon wedges.

Chicken and Cashew Nuts Recipe

Ingredients

- 1 tbsp groundnut oil
- 3 garlic cloves, crushed
- ½ tsp finely chopped fresh ginger
- 2 chicken breast fillets, sliced
- 1 onion, roughly chopped
- 1 carrot, finely diced
- 40 g (¼ cup) tinned water chestnuts, sliced into bite- sized discs
- 30g (¼ cups) tinned bamboo shoots
- 3 baby corn cobs, cut in to bite-sized pieces
- 2 tbsp oyster sauce
- 1 tbsp dark soy sauce
- 80ml (1/3cup) chicken stock
- ¼ tsp salt
- ¼ tsp white pepper
- 1 tbsp corn flour (cornstarch) mixed with 2 tbsp water
- 30g (1oz) salted, roasted cashew nuts
- 1 tsp sesame oil

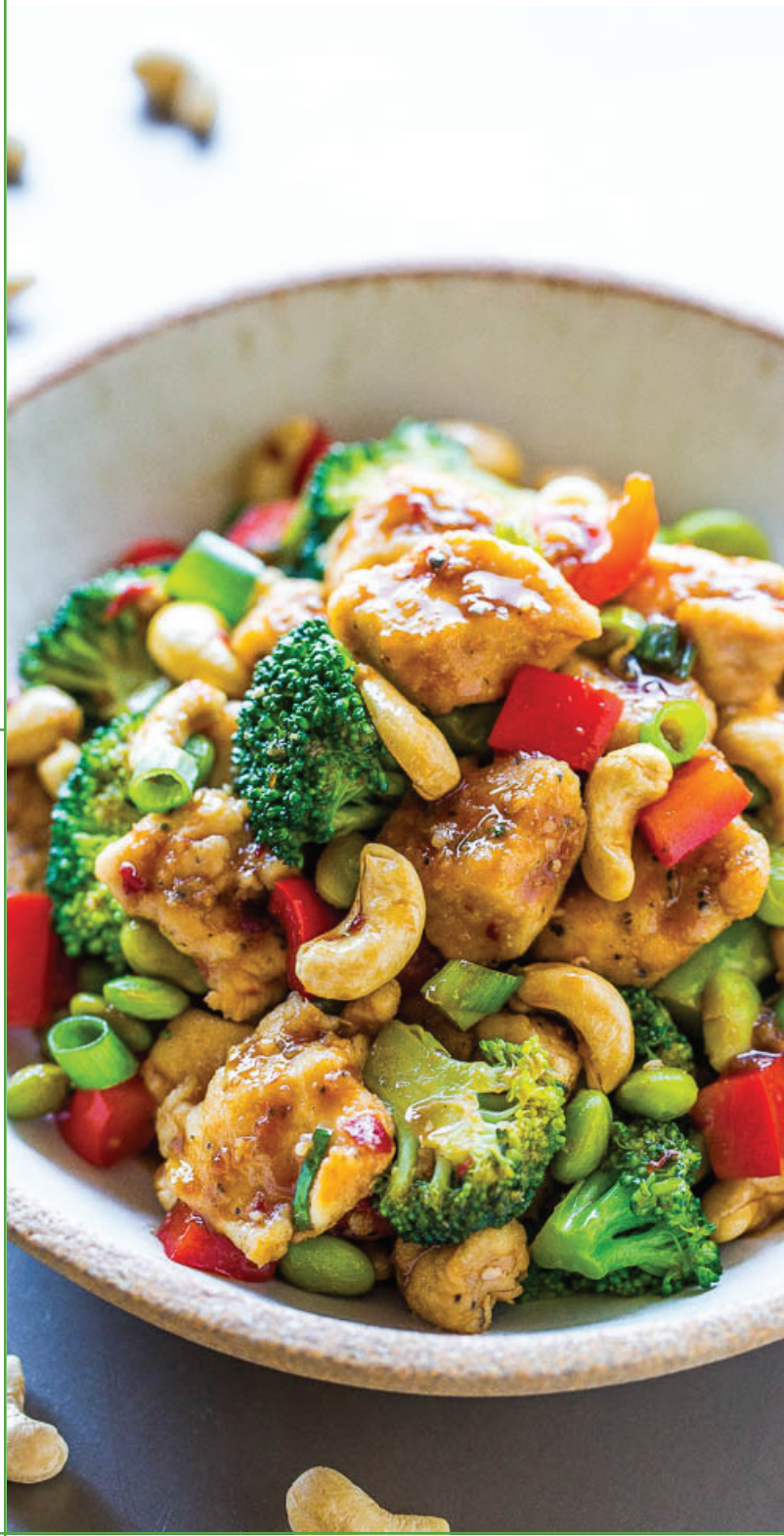
Preparation

1. Place a wok over a medium–high heat, add the groundnut oil, garlic and ginger and fry for about 30 seconds, until fragrant.
2. Add the chicken and stir-fry for 2 minutes. Add the onion, carrot, water chestnuts, bamboo shoots and baby corn and stir-fry for a further 2 minutes.
3. Spoon in the oyster sauce and soy sauce, pour in the stock and add the salt and pepper. Stir well, bring to the boil and then turn down to simmer for 2 minutes
4. Pour in the corn flour mixture to thicken the sauce, stirring as you do, then remove from the heat, add the cashew nuts and sesame oil and mix well. Transfer to a serving dish and enjoy.

Chicken and cashew stir-fry Recipe

Ingredients

- 15 ml oil
- 400 g chicken breast fillets, cut in strips
- Salt and pepper
- 2 egg whites, lightly whisked
- 125 ml corn flour
- 2 onions, sliced in thin rings
- 1 red pepper cut in strips
- 200 g tender-stem broccoli, broken into pieces
- 2 garlic cloves, crushed
- 5 ml grated fresh ginger
- 30 ml soy sauce
- 30 ml sherry or teriyaki sauce
- Few drops of fish sauce
- 80 ml cashew nuts
- 4 spring onions, chopped (optional)
- Low-GI basmati rice to serve



Instructions

1. Heat 15 ml (1T) oil in a pan or wok until hot. Season the chicken with salt and pepper. Dip the chicken into the egg white, then the corn flour and stir-fry until browned. Cover and steam-fry until just done. Don't overcook because the chicken will lose its crispy coating.
2. Remove the chicken strips and brush the pan or wok with oil. Add the vegetables, garlic and ginger, stir to mix well and cover. Steam-fry until just done and still crisp.
3. Add the sauces and stir well. Return the chicken to the pan or wok, stir well and heat for 1-2 minutes.
4. Stir in the cashew nuts and sprinkle the spring onions on top, I fusing. Serve with basmati rice.

Chicken with Chilies & Cashews Recipe

Ingredients

- 2 Tbsp oil
- 6 whole small dried red chillies
- 200 gm boneless chicken flattened and sliced very thin and long
- 1 Tbsp finely chopped garlic
- 1 Tbsp oyster sauce
- 1 Tbsp fish sauce
- 1/2 tsp sugar or stevia
- 1 tsp roasted chilli paste
- 3 Tbsp chicken stock
- 50 gm roasted unsalted cashew nuts
- 2 spring onions cut in 2.5 cm pieces
- 1 red capsicum sliced-optional
- Spring onion green to garnish

Instructions

1. Heat 1tbsp oil in a wok. Stir fry chillies till cooked but not burnt and remove and keep it aside
2. Stir fry garlic in the remaining oil until golden
3. Add chicken slices, oyster and fish sauces, sugar and roasted chilli paste. Stir fry until chicken is cooked
4. Lower the heat and add stock and cook 2-3 minutes stirring
5. Add cashews, nuts, spring onion white, red chillies and capsicum when the chicken is thoroughly cooked. Stir well
6. Garnish with green spring onion and serve hot

Orange-Cashew Chicken and Rice Recipe

Ingredients

- 1 cup instant brownrice
- 1 can (11 ounces) mandarin oranges
- 1/4 cup chopped cashews
- 1/4 cup chicken broth
- 2 tablespoons soy sauce
- 2 tablespoons teriyaki sauce
- 3/4 pound boneless skinless chicken breasts cut into 1/2-inch pieces
- 1 tablespoon canola oil
- 1/2 cup chopped bokchoy
- 1/4 cup mincedchives

Instructions

1. Cook rice according to package directions. Meanwhile, drainoranges,
2. Reserving 1/2 cup another use).
3. Oranges and 2 tablespoons juice (save remainder for
4. In a small bowl, combine the cashews, broth, soy sauce, teriyaki sauce and reserved juice; set aside. In a large wok or skillet, stir-fry chicken in oil until no longer pink. Add cashew mixture; cook 1 minute longer. Add the bok choy, chives and reserved oranges; cook and stir for 2 minutes.
5. Fluff rice with a fork; serve with chicken mixture.

Pineapple Fried Rice with Cashews Recipe

Ingredients

- 3 cups uncooked jasmine rice (Or 2 2/3 cups uncooked quinoa)
- 1 whole pineapple, cored
- 7 ounces cherry tomatoes, halved
- 1/2 red onion, finely diced
- 2 cloves garlic, minced
- 2 scallions, finely sliced
- 1 tablespoon minced ginger
- 6 teaspoon curry powder
- 5 tablespoons gluten-free soy sauce (tamari)
- Salt and pepper, to taste
- Coriander leaves for garnish
- Roasted cashew nuts

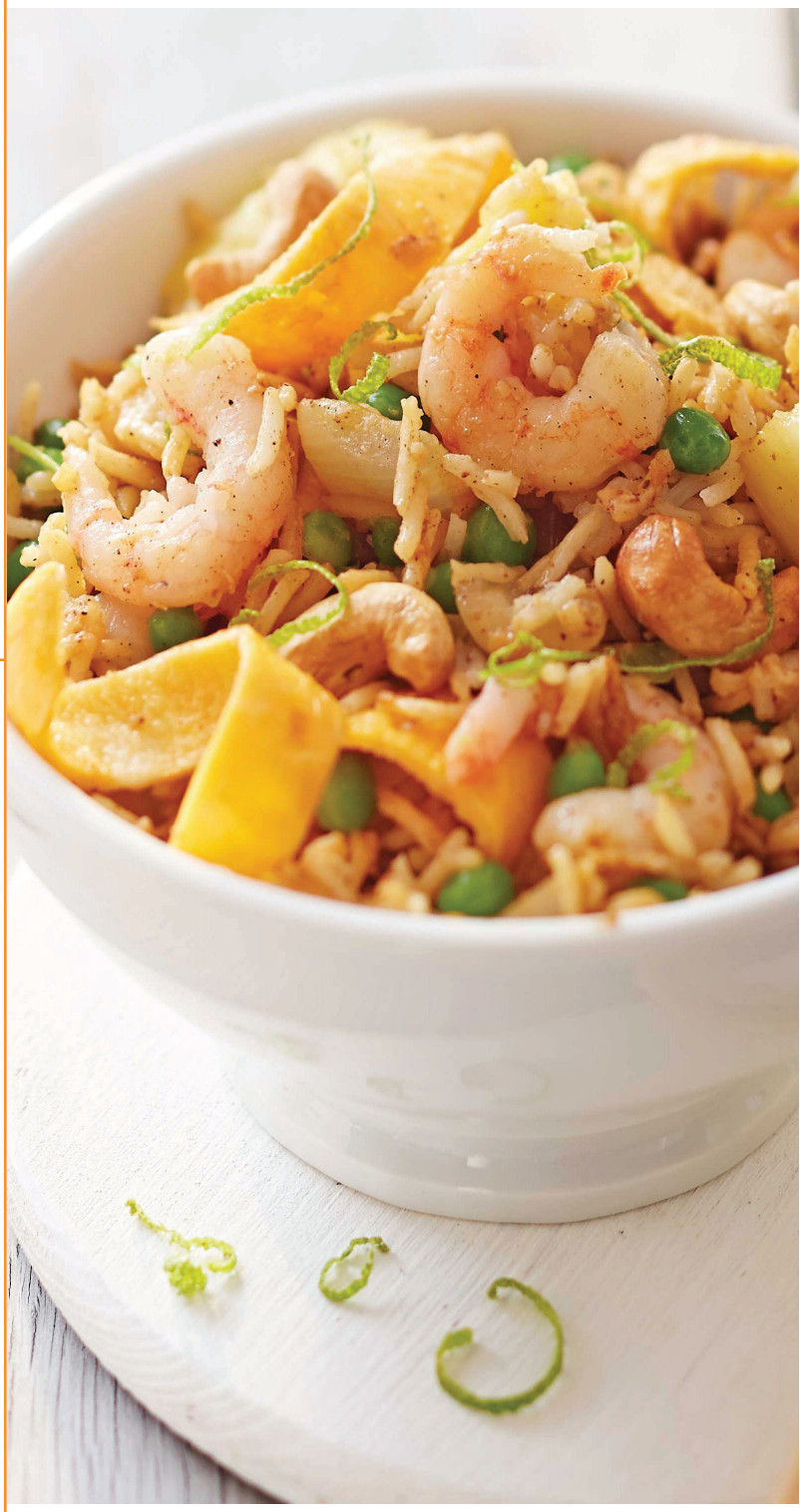
Preparation

1. If you are cooking the night before serving: Cook your jasmine rice/quinoa according to the instructions at the back of the package. Let it cool and store it in the fridge. If you are cooking a few hours before serving: cook your jasmine rice/quinoa with slightly less water than indicated on the package. Spread your rice on a large baking tray. Place in a cool area for 2-3 hours to dry out.
2. If desired, scoop out the pineapple flesh out of the pineapple cut in half vertically to form a pineapple serving boat. If not, just prepare the pineapple flesh. Cut into small cubes and set aside.
3. Heat a large non-stick skillet over medium-high. Once hot, add the onion, garlic, and ginger. Fry for 2-3 minutes until fragrant.
4. Add your cold rice (should be dry and clumpy). Use your wooden spatula to break up the rice clumps.
5. Add curry powder, soy sauce, white part of scallion, and mix until evenly distributed.
6. Add your chopped pineapples and halved tomatoes. Fold through and allow everything to cook for 5 minutes or until completely warmed through.
7. Taste and adjust seasoning. Fold in fresh coriander leaves. Serve with toasted cashew nuts.

Prawn, Pineapple & Cashew Fried Rice Recipe

Ingredients

- 2 tbsp sesame oil
- 1 egg, beaten
- 1 onion, chopped
- 1 tbsp garlicpaste
- 1 tbsp ginger paste
- 140g frozen prawns
- 100g frozen peas
- 1tsp Chinese five-spice powder
- 200g cooked rice
- 227g can pineapple chunks in juice,drained
- 2 tbsp soy sauce
- 50g cashew nuts, toasted
- Zest and juice of ½ lime, cut the other ½ into wedges



Preparation

1. Heat one tablespoon oil in a large wok or non-stick frying pan on medium heat. Tip in the egg and cook for a few minutes until it isset.
2. Tip the omelette onto a board, cut into 1cm strips and set aside. Add remaining oil to the pan and tip in the onion. Sizzle for five minutes then add garlic-ginger paste and prawns.
3. Stir-fry for a few minutes until prawns defrost and turn pink. Add peas, five-spice powder, rice, pineapple, soy and cashew nuts, and stir-fry for another three minutes until piping hot.
4. Stir the omelette strips into the rice and heat for aminute.
5. Finally, stir through the lime zest and juice. Serve hot with lime wedges.

Sesame Cashew Noodle Bowl Recipe

Ingredients

- 1 (16-oz) pkg whole grain linguine
- 2 Tbsp toasted sesame oil, divided
- 3 cups broccoli florets cut into ½- inch pieces
- 3 cups ¼-inch sliced red cabbage
- 3 cups matchstick-cut carrots
- 2 Tbsp black sesame seeds
- 1½ cups steamed shelled Edam me
- ½ cup chopped cashews
- ½ cup sliced green onion
- ¼ cup chopped cilantro
- Creamy sesame

Preparation

1. Bring a large pot of salted water to a boil. Add pasta; cook according to manufacturer's instructions until and ante. Drain. Transfer to a large bowl; toss with 1 Tbsp oil.
2. Bring another pot of salted water to a boil. Set up a large bowl of ice water. Add broccoli; cook 3 minutes or just until tender. Drain. Add to ice water; drain. Add cabbage, carrots, sesame seeds and remaining 1 Tbsp oil to pasta; toss to coat. Divide evenly among 6 bowls. Top evenly with broccoli, edam me, cashews, onion and cilantro. Drizzle with dressing.

Spicy Tomato-Braised Chicken with Tumeric and Cashew Recipe

Ingredients

- 4 bone-in, skin-on chicken thighs
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- ¾ cup canola oil
- 1 cup sliced white onion
- 1 cup sliced celery
- 3 tablespoons tomato paste
- 2 garlic cloves, chopped
- 2 tablespoons ground ginger
- ¼ cup unsalted raw cashews, ground into powder (seenote)
- 2 teaspoons ground turmeric
- 1½ cups chicken stock
- ½ cup coconut milk
- 3 plum tomatoes, coarsely chopped
- 3 small habanero peppers, leave whole 5 springs fresh thyme

Instructions: Season the chicken thighs with the salt and black pepper.

1. Heat 2 tablespoons canola oil in a large Dutch oven over medium-high heat. Place the chicken thighs skin down in the pan and sear until browned, about 3 minute each side. Transfer the chicken to aplate.
2. Add the remaining oil to the pan then add the onion and celery and cook for 2 minutes. Add the tomato paste, garlic, ginger, cashew powder and turmeric and cook for 2 minutes, stirring constantly, until the spices give off an aromatic perfume.
3. Pour the chicken stock and coconut milk into the pan and stir well. Return the chicken thighs to the Dutch oven. Add the tomatoes, habanero peppers and thyme, cover, and simmer over low heat for 30 minutes, or until the chicken is tender.

4. Pull out the chicken and keep it warm on a baking sheet cover with aluminum foil. Bring the cooking liquid to a boil over high heat and cook until thickened and reduced by almost half. Taste and add more salt if needed.
5. Arrange the chicken on four plates. Spoon the sauce over thechicken. Serve with rice orfufu.

Note: To prepare the ground cashew powder, place raw cashews in a food processor and pulse until you get a fine, granular powder. Put the ground nuts on a small baking sheet (or in a pie pan) and toast in the oven for 3 to 5 minutes, until dry but not too toasted. Remove and pulse again in the processor or chop to get the texture even finer. Return to the oven and toast for another 2 minutes. Repeat the process until you have a fine powder that is aromatic and dry to the touch; it should feel like coarse cornmeal.

Thai Cashew Nut Chicken Recipe

Ingredients

- 80 g (2/3 cup) un-roasted cashewnuts
- 4 dry spur chilies, remove seeds and soak in water to soften then slice
- 400 g (2 cups) skinless boneless chicken cut into bite size pieces
- 2 tablespoons oyster sauce
- 2 tablespoons Thai roasted chili paste
- 4 tablespoons chicken stock
- 4 Spring onions, cut into about 2.5 cmlengths
- 1-2 Garlic cloves, crushed and chopped
- Pinch of salt, white pepper, sugar or a small splash of soy sauce to taste (only ifdesired)
- 2-3 tablespoons vegetable oil
- Garlic flowers or fresh red chilies optional as garnish

Instructions

1. Heat oil over low heat in a wok style fryingpan.
2. Stir-fry the dry chilies for about 1 minute; remove from pan, drain and setaside.
3. In same pan stir fry the cashew nuts until they are nice and golden color, remove from pan drain and set aside.
4. Stir-fry the chicken and garlic at high heat until golden yet tender; add your oyster sauce and roasted chili paste mixwell.
5. Add stock and cook for a few more minutes (about 2-3 minutes) to create yoursauce.
6. Add cashew nuts, chilis and spring onions and stir well for about 1 minute or so, remove from heat and add toplate.Garnish with fresh chilies and garlic-flowers optional. Serve this dish over rice and enjoy!

Turmeric Tofu Cashew Curry Recipe

Ingredients

- 1/2 cup raw cashew nuts
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon chili powder
- 114-ounce pack extra firm tofu, chopped
- 1/2 red onion
- 1 teaspoon ginger garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1/4 inch cinnamon stick
- 2 1/4 cup unsweetened coconut milk
- 1 tablespoon olive oil
- 2 cloves star anise
- 1/4 cup water
- 1/2 tea spoon salt
- A pinch of sugar
- 2 tablespoons fresh cilantro, for garnish

Preparation

1. On a greased cookie sheet, spread the cashews and place them in a toaster oven until they are brown. Let them cool down
2. Meanwhile, in a small bowl, combine turmeric and chili powder and keep them a side
3. Heat a nonstick wok and grease it well
4. Place the chopped to fu in it and sprinkle half of the spice powder on the tofu
5. Flip over the tofu and sprinkle the rest of the spice powder on
6. Cook the tofu for few minutes until it starts drying out .Take it out of the pan and keeps it a side
7. In a food processor combine your onion, half of the roasted cashews, ginger garlic paste, cumin seeds, coriander seeds, the cinnamon stick, and 1/4 cup coconut milk. Process it into a smooth paste
8. In the same pan, heat the olive oil and add the star anise
9. Immediately add the onion paste to the warm oil and cook the mixture until it starts releasing its juice. Keep sauté in the curry a tin to avoid sticking
10. Add your water and cook for a few of minutes while stirring it
11. Add the tofu pieces and cook it again for a minute
12. Add coconut milk, salt, and sugar
13. Cook the curry, covered, on a low flame for 5-7 minutes
14. Turn off the flame add the remaining cashew nuts Garnish the dish with cilantro and serve warm with naan and or rice