

# Sweet Chilli Chicken and Cashew Stir-fry

No. of Serves: 4



## Ingredients

- 1 cup long-grain brown rice
- 850g packet frozen mixed stir-fry vegetables
- 1 tablespoon peanut oil
- 500g chicken tenderloins, thickly sliced diagonally
- 1/3 cup oyster sauce
- 1/3 cup sweet chilli cause
- 1/4 cup raw unsalted cashews, toasted

## Nutrition Information (per serve)

Energy	2457kj (587 calories)
Protein	37g
Total Fat	18g
Carbohydrates	63g
Saturated Fat	4g
Sugars	14g
Dietary Fibre	12g
Sodium	874mg

## Method

- To see the method for the [Sweet Chilli Chicken and Cashew Stir-Fry](#) and for more healthy eating ideas, please visit [Smart Eating for a Healthier You](#) on the Dietitians Association of Australia website.