

## Vietnamese-Style Cashew & Chicken Curry



### Did you know?

- Cashews are the seed of the cashew apple, one apple one seed.
- The annual global harvest of cashews is around 2.5 million tonnes, with the majority de shelled by hand!



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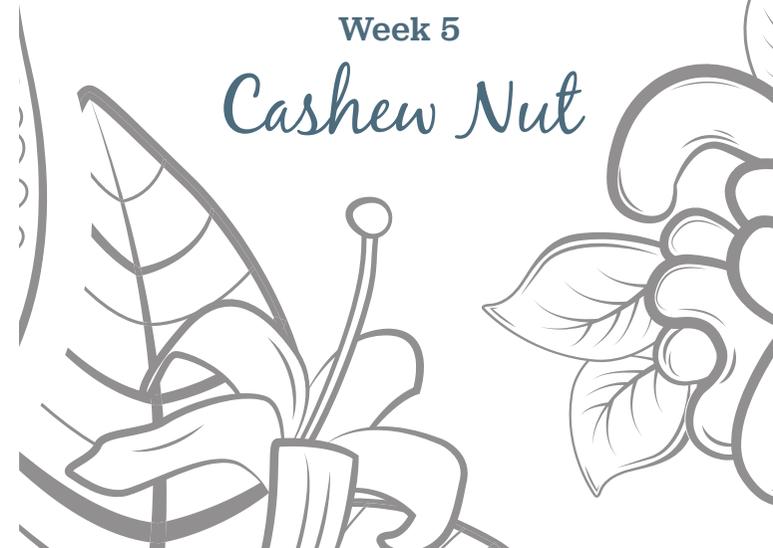
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The colouring recipe series

Week 5

Cashew Nut



# Vietnamese-Style Cashew & Chicken Curry

This curry is much lighter than most as it contains coconut water instead of coconut milk or cream. And yet it still has a nice creamy consistency due to the pureed cashew nuts in the paste.

## Ingredients

Serves 4

2 tbsp grated fresh ginger  
3 cloves garlic, chopped  
½ small red onion, chopped  
⅓ cup **Alison's Pantry Natural Cashews**  
1 small red chilli, chopped (plus extra, to serve)  
1 tsp ground turmeric  
2 tbsp tomato paste  
700ml (2 cans) coconut water  
2 stalks lemongrass, crushed  
2-3 tbsp fish sauce, to taste  
Juice of 2-3 limes, to taste  
500g skinless chicken breast, cut in 3cm cubes  
2 carrots, peeled and thinly sliced on an angle  
1 cup **Alison's Pantry Natural Cashews**  
1 bunch spring onions, cut in 3cm lengths  
Sprigs of coriander leaves, to garnish  
3 tbsp **Alison's Pantry Sesame Seeds**, toasted, to garnish

## Method

1. Combine the ginger, garlic, onion, cashews, chilli, turmeric and tomato paste in a food processor and process to form a smooth, thick paste.
2. In a large saucepan, combine the coconut water, lemongrass and the paste from step 1; bring to the boil. Add fish sauce and lime juice, to taste - the finished sauce should have a balanced hot, sour, salty flavour.
3. Add the chicken, carrots and cashews, turn down the heat and simmer very gently for 10 minutes. Add the spring onions and simmer for 2 more minutes.
4. Serve the curry in deep bowls, scattered with coriander and sesame seeds. Add extra to chilli, to taste, if desired.

**Tip:** Adding whole cashews to this curry, along with the chicken, provides a double source of protein. For a vegetarian version, omit the chicken and double the amount of cashews and replace the fish sauce with light soy sauce.

Julie Le Clerc

