

Broccoli & Chicken Oyster–Curry Stir-Fry with Cashews

ブロッコリーと鶏肉のオイスターカレー炒め
(改良版)

Serves 2

Ingredients

Main Ingredients

- 250 g boneless skinless chicken thighs, bite-size pieces
- 150 g broccoli florets
- 50 g celery, sliced on the bias
- 1 clove garlic, minced
- ½ tsp grated ginger
- 1 T / 14 g canola oil
- 30 g cashews, lightly toasted

Light Velveting Marinade

- ½ tsp soy sauce
- ½ tsp cornstarch
- ½ tsp canola oil
- ½ tsp sake

Oyster–Curry Sauce

- 2 tsp / 12 g oyster sauce
- 1 tsp curry powder
- 1 T / 15 ml sake
- ½ tsp / 3 g low-sodium soy sauce
- ½ tsp sugar

Optional Gloss Finish

- 1 tsp water
- ½ tsp cornstarch

Finishing Aroma

- ¼ tsp sesame oil

Instructions

1. **Velvet the chicken (optional):**
 - Toss **chicken** with the velveting marinade ingredients and let **rest 10–15 minutes**.
2. **Prepare vegetables:**
 - Cut **broccoli** into small florets and slice **celery** diagonally.
3. **Toast the nuts:**
 - In a dry skillet toast **cashews** over **medium heat 2–3 minutes** until fragrant. Set aside.



4. **Mix the sauce:**
 - In a small bowl combine **oyster sauce**, **curry powder**, **sake**, **soy sauce** and **sugar**.
5. **Sear the chicken:**
 - Heat **canola oil** in a skillet over **medium-high heat**. Add **chicken** and cook until lightly browned on both sides.
6. **Add aromatics:**
 - Stir in **garlic** and **ginger** and cook about **30 seconds** until fragrant.
7. **Cook broccoli:**
 - Add **broccoli** and stir briefly. Reduce heat slightly, cover, and steam-cook about **2 minutes** until bright green and tender.
8. **Add celery and sauce:**
 - Stir in **celery** and the **oyster–curry sauce**. Toss well to coat.
9. **Optional gloss:**
 - Stir the **cornstarch-water mixture** and add to the pan, tossing until sauce becomes lightly glossy.
10. **Finish:**
 - Add toasted **cashews** and drizzle **sesame oil**. Toss once and serve immediately.

Nutrition (per serving)

Calories: 395 kcal | Protein: 36 g | Fat: 21 g | Sat Fat: 4 g | Carbs: 14 g | Sugars: 5 g | Fiber: 4 g | Sodium: 690 mg | Omega-3: 0.2 g

Chef Notes

- Light velveting keeps the chicken noticeably juicier in quick stir-fries.
- Cashews add texture and mild sweetness that pairs well with curry and oyster sauce.
- The cornstarch finish creates the glossy restaurant-style sauce typical of Japanese Chinese cooking (町中華).
- Sesame oil should be added only at the end for aroma.