

Wok Cashew Chicken with Garden Vegetables

カシューチキンと彩り野菜の中華炒め

Serves 2

Ingredients

Chicken

- 300 g boneless skinless chicken thighs (preferred) or chicken breast, cut into 2–3 cm pieces 鶏もも肉 または 鶏むね肉

Chicken Marinade

- 2 tsp reduced-sodium soy sauce 減塩しょうゆ
- 2 tsp sake 酒
- 1 tsp potato starch 片栗粉
- ¼ tsp white pepper 白こしょう

Vegetables

- 100 g broccoli florets ブロッコリー
- 100g red bell pepper, cut into bite-size pieces 赤パプリカ
- 75 g shimeji mushrooms, sliced しめじ または しいたけ
- 100 g Japanese eggplant, sliced into half-moons ズッキーニ
- 80 g yellow onion, cut into wedges 玉ねぎ
- 2 large cloves garlic, finely chopped にんにく
- 11 g fresh ginger, finely chopped しょうが
- 3 scallions, sliced diagonally 青ねぎ

Nuts

- 40 g roasted unsalted cashews カシューナッツ

Hoisin Stir-Fry Sauce

- 2½ T hoisin sauce 海鮮醤
- 1¼ T Big Tree Organic Coco Aminos Marinade & Sauce ココアミノ
- 2½ tsp reduced-sodium soy sauce 減塩しょうゆ
- 2½ tsp oyster sauce オイスターソース
- 1¼ tsp rice vinegar 米酢
- 1¼ tsp sesame oil ごま油
- 1¼ tsp honey はちみつ
- 75 ml reduced-sodium chicken stock チキンストック
- 1¼ tsp potato starch 片栗粉

Garnish

- Sliced scallions 青ねぎ
- Toasted sesame seeds 白ごま



Instructions

1. In a medium bowl, combine the **chicken** with the **soy sauce**, **sake**, **potato starch**, and **white pepper**. Mix thoroughly until every piece is lightly coated.
 - Allow to marinate for **15–20 minutes** while preparing the vegetables and sauce.
2. In a small bowl, whisk together the **hoisin sauce**, **Big Tree Coco Aminos**, **reduced-sodium soy sauce**, **oyster sauce**, **rice vinegar**,

sesame oil, honey, chicken stock, and potato starch until completely smooth.

- Set aside near the stove.
 - Stir again immediately before adding to the wok.
3. Cut all vegetables before heating the wok. Arrange them beside the stove in the order they will be added.
 4. Preheat the wok over **medium heat** for **1½–2 minutes**. Increase to **medium-high** for **30–45 seconds** before adding the oil. The wok should be hot enough that a drop of water dances across the surface, but it should not be smoking heavily. Add **1½ T canola oil** and swirl to coat the cooking surface and begin cooking immediately.
 5. Add the chicken in a single layer. Allow it to cook undisturbed for about **2 minutes** to develop light browning. Stir-fry for **another 2 minutes** until nearly cooked through. Transfer the chicken to a clean plate.

If a dark fond (browned residue) has formed on the bottom of the wok, add 1 T of chicken stock or water. Scrape gently with the wok spatula until the fond dissolves. Allow the liquid to evaporate for 15–20 seconds before adding the vegetables. This preserves the flavor while preventing burning.
 6. If necessary, add another teaspoon of canola oil. Add the **onion, broccoli, and bell pepper**. Stir-fry for approximately **2 minutes**, keeping the vegetables moving but allowing brief contact with the hot wok for light browning.
 7. Add the **zucchini, mushrooms, ginger, and garlic**. Continue stir-frying for another **1½–2 minutes** until the vegetables are crisp-tender.
 8. Return the **chicken** and any accumulated juices to the wok.
 9. Add the roasted **cashews**.
 10. Give the sauce one final stir and pour it around the edge of the wok. Cook for **20–30 seconds**, tossing continuously until the sauce becomes glossy and lightly coats all of the ingredients. Do not overcook; the sauce should remain light rather than thick like gravy.
 11. Fold in the sliced **scallions**. Remove from the heat immediately.
 12. Serve immediately over steamed brown rice or jasmine rice. Garnish with additional **scallions** and toasted **sesame seeds**.
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Wok Tips

- Thoroughly preheat the empty wok before adding oil.
- Keep the burner relatively high throughout cooking.
- Resist the temptation to stir constantly. Allow ingredients to remain in contact with the hot steel for several seconds before tossing.
- Cook in stages rather than adding everything at once.
- Have every ingredient prepared before lighting the burner ("mise en place"). Once cooking begins, the entire stir-fry takes about **8 minutes**.
- If doubling the recipe, cook in two batches to maintain proper wok temperature and develop the best **wok hei** (the characteristic aroma of high-heat stir-frying).
- Home gas burners produce considerably less heat than commercial Chinese restaurant wok burners. Aim for a steady sizzle rather than

aggressive smoking. Proper browning develops more reliably with moderate-high heat than with maximum heat.

- A good stir-fry should always have enough room to move. If the wok feels crowded and ingredients cannot be tossed easily, reduce the vegetable quantity rather than increasing the heat. Good wok cooking depends more on contact with the hot steel than on excessive burner output.

Suggested Side Dishes

Excellent with:

- Steamed brown rice
 - Jasmine rice
 - Steamed edamame
 - Asian cucumber salad
 - Chilled watermelon or peaches
 - Fresh orange slices
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Make-Ahead Notes

- The chicken may be marinated up to **8 hours** in advance.
 - The vegetables and sauce may be prepared one day ahead and refrigerated separately.
 - Leftovers reheat best in the wok or a hot skillet for **2–3 minutes**.
 - Avoid microwaving if possible, as the vegetables will soften.
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Notes

- Chicken thighs produce the juiciest result, while chicken breast offers a leaner alternative with slightly higher protein per calorie.
- Hoisin sauce provides sweetness and depth, while Big Tree Coco Aminos adds complexity without excessive sodium.
- Roasted cashews contribute texture, healthy fats, and additional protein.
- The sauce is intentionally light so the vegetables remain crisp and fresh rather than heavily coated.
- This recipe is designed specifically for high-heat carbon steel wok cooking and showcases the River Light wok's ability to produce beautifully caramelized ingredients with minimal oil.

Additional note:

Recipes in this chapter have been developed and tested specifically for a 30 cm River Light carbon steel wok on a Japanese home gas stove. Ingredient quantities and cooking temperatures have been adjusted to maintain proper wok temperature, allow easy tossing, and avoid overcrowding—conditions that differ significantly from commercial restaurant wok cooking.

Nutrition (Approximate)

Per Serving (without rice)

Kcal total: ~595 kcal | Protein: ~51 g | Fat: ~28 g | Sat Fat: ~5 g | Carbs: ~29g
| Sugars: ~12 g | Fiber: ~6 g | Sodium: ~720 mg | Omega-3: ~0.3 g

Per Serving (with 150g brown rice)

Kcal total: ~760 kcal | Protein: ~54 g | Fat: ~29 g | Sat Fat: ~5 g | Carbs: ~63g
| Sugars: ~12 g | Fiber: ~9 g | Sodium: ~725 mg | Omega-3: ~0.3 g

Whole recipe

Protein: 102g

Weight before cooking: 870g

GP = 0.117 g protein per gram of finished food (before serving with rice)