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You don't need any special equipment to make this dish and the ingredients are quite straightforward but there are a few tips along the way so be sure to read on!

Stir frying is a quick cooking method so a tip that will stand you in good stead whenever you are preparing a stir fry is to make sure you have all your prepping done before you start cooking. Once you start cooking everything goes like an express train!

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1. Skinless Chicken Breast, 2. Plain Flour, 3. Brown Onion, 4. Red & Yellow Bell peppers, 5. Spring/Green Onions, 6. Cashew Nuts, 7. Dried Spur Chili, 8. Soy Sauce, 9. Palm Sugar, 10. Fish Sauce, 11. Tamarind Paste, 12. Chicken Stock (or water)

Ingredients You Need to Make Thai Cashew Chicken

- boneless skinless chicken breast
- cashew nuts
- plain flour
- dried chili
- tamarind paste
- fish sauce
- palm sugar (can sub brown sugar)
- soy sauce (for marinade)
- chicken stock (to adjust sauce thickness – could use water)
- red bell pepper
- yellow bell pepper
- green onions or scallions or spring onions (tops & bottoms)
- regular brown onion
- vegetable oil for frying

Note: You can use chicken thigh as well but boneless skinless chicken breast is easier to work with.

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marinade. Give the chicken meat and sauce a rub together with your fingers to get the meat well coated and allow to sit until ready.



After chopping the chicken into mid sized cubes, marinate in soy sauce for a few minutes.

Step 2 Making the Tamarind Stir Fry Sauce

The sauce is what differentiates Thai cashew chicken stir fry from the Chinese version you might have had as take out.

It is well worth getting hold of tamarind for this dish and it's readily available both online and from good Asian stores. The fruity, savory, tangy, and sour taste is unique and cannot really be recreated with other fruits and vinegar as many recipes suggest.

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Make up this piquant tamarind sauce for the stir fry about the consistency of emulsion paint. Thin with chicken stock or water to get the right thickness.

Your tamarind paste should be the consistency of a slightly runny apple puree and you can adjust by adding a little more water if necessary. If you think it is too runny don't worry because you can simmer any excess off in a few minutes.

Add the 'fish sauce and tamarind paste to a pan on a medium heat and mix with the palm sugar to balance the sourness of the tamarind but not overpower it. The sauce should be smooth like runny honey, piquant, a little savory, a little sour and a little sweet – best experienced by tasting and adjusting.

Remove from the heat – the sauce will thicken as it cools but again don't worry, that is what our chicken stock is for.

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A deliciously tasty succulent yet crispy chicken stir fry made the only way Thais know how. The piquant tamarind sauce that gently coats the chicken explodes with taste while the creamy cashews just meld it all together in your mouth.

An amazingly quick and easy dish anyone can make and healthy too with lightly stir fried fresh vegetables. You can buy tamarind pulp to make into tamarind paste. It lasts a long time in the fridge and even longer in the freezer.

★★★★★ 5 from 5 votes

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PREP TIME

10 mins

COOK TIME

5 mins

TOTAL TIME

15 mins



COURSE

Main Course

CUISINE

Thai



SERVINGS

2 people

CALORIES

907 kcal

INGREDIENTS

[US Customary](#)[Metric](#)[1x](#)[2x](#)[3x](#)

Ingredients For Tamarind Sauce

- 2 tbsp [Fish Sauce](#)
- 2½ tbsp [Palm Sugar](#)
- 2½ tbsp [Tamarind Paste](#)
- 1 tbsp Stock

[Table of Contents](#) For Stir Fry

- 12 oz Chicken Breast
- 1 cup [Cashew Nuts](#)
- 1 tbsp [Soy Sauce](#)
- 1 cup Onion

- 3 stem Spring Onion
- 1 cup Red Pepper
- 1 cup Yellow Pepper
- 2 Dried Chili Spur
- 1/3 cup Flour
- 1½ tbsp Cooking Oil
- Oil For Deep Fried chicken

INSTRUCTIONS

1. Prepare Vegetable

1. Chop the dried chili spur into 1 inch (25mm) pieces. Chop the onion, red pepper, yellow pepper, and spring onions. Set aside.
2. Cube the chicken breast and mix with the soy sauce. Set aside.

2. Crisp & Cook the Chicken

1. Heat the oil in a pan until hot. Roll the chicken in the flour then lower into the hot oil. Stir to avoid the chicken from sticking to the pan bottom.
2. When chicken is a golden brown color, turn the heat off and remove from the pan. Fry the dried chili in the hot oil for a few seconds then put in with the chicken in the sieve and drain.

Stir Fry to Finish

1. Add cooking oil in a pan and heat until it is hot.
2. Once hot add the brown onion and cook onion until it goes a little translucent. Then add fried chicken, chopped peppers and chopped spring/green onion tops.
3. Then add tamarind sauce, stirring to mix the sauce well and adjusting the sauce thickness with chicken stock as necessary. After stir frying for a few minutes and ready to serve, add in the cashew nuts and stir to coat with the sauce and then serve immediately.

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th Jasmine rice.

NUTRITION