

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

## CASHEW CHICKEN STIR-FRY

PAGE 47 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 2 teaspoons sesame oil; ½ pound assorted fresh stir-fry vegetables. Completely thaw in refrigerator. Heat oil in a large skillet over medium-high heat. Stir-fry chicken and sauce until meat is cooked through, 20 to 25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender crisp. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing