

# CHICKEN & CASHEWS

**Time: 15 minutes**

**Serves: 4**

### Ingredients:

20g butter  
100g raw cashews  
400g ground chicken  
3g kosher salt  
0.5g fresh ground black pepper  
4 green onions - sliced

### Preparation:

Place a frying pan on medium heat and add the butter.

When the butter is melted, add the cashews, stirring occasionally for two minutes.

Add the chicken, breaking apart.

Stir in the salt and pepper, continuing to break apart the chicken until lightly browned (approximately eight minutes).

Remove from heat and serve topped with the green onion.

### Nutritional Information Per Serving:

Calories: 351  
Fat: 26g  
Carbs: 8g  
Fibre: 0.8g  
Protein: 23g