

Sheet Pan Cashew Chicken



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Sheet Pan Cashew Chicken is an all in one meal with the amazing flavors of the popular takeout dish. Tender chicken surrounded by crisp and tender veggies with crunchy cashews and an incredible sweet and savory sauce.

★★★★★ 4.96 from 22 votes



PREP TIME
5 mins

COOK TIME
20 mins

TOTAL TIME
25 mins



COURSE
Dinner

CUISINE
Asian American

SERVINGS
4

CALORIES
95 kcal



INGREDIENTS

For the Sauce

- 6 tablespoons low sodium-soy sauce
- 1 tablespoon hoisin sauce
- 3/4 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon fresh minced ginger
- 2 cloves garlic minced
- 2 tablespoons cornstarch
- 1/2 cup water plus more as needed to thin out sauce

For the chicken and vegetables

- 2 medium skinless boneless chicken thighs or breasts cut into 1" inch cubes
- Salt and black pepper to taste
- 1 1/2 cups broccoli florets about 1 head
- 1 red bell pepper cut into chunks
- 1/2 green bell pepper cut into chunks (optional - for extra color)
- 2/3 cup roasted unsalted cashews

Optional garnishes

- Toasted sesame seeds and chopped green onions

INSTRUCTIONS

!For the sauce:

1. In a medium saucepan over medium heat, whisk together soy sauce, hoisin sauce, vinegar, honey, sesame oil, garlic, ginger, cornstarch and water until combined. Bring to a simmer, stirring frequently, until sauce thickens and bubbles. Remove from heat and set aside.

!For the chicken and vegetables

1. Preheat oven to 400°Line a large sheet pan with parchment paper or foil coated with cooking spray and set aside.
2. Season chicken with salt and black pepper then drizzle spoonfuls of sauce over the chicken coating well on both sides. Reserve at least half of the sauce for later.
3. Cook in preheated oven for 8 minutes then remove the pan.

4. Arrange the broccoli florets, bell peppers and cashews in a single layer around the chicken. Season the vegetables with salt and pepper and drizzle spoonfuls of the sauce and toss everything to coat. Return to the oven and cook for another 8-12 minutes, or until the chicken is cooked through and juices run clear.**
5. Remove pan from oven and drizzle with remaining sauce. Serve over rice or quinoa and garnish with green onions and sesame seeds, if desired.

NUTRITION

Calories: 95kcal

Fat: 1g

Sodium: 880mg

Sugar: 12g

Calcium: 23mg

Carbohydrates: 21g

Saturated Fat: 1g

Potassium: 240mg

Vitamin A: 1200IU

Iron: 0.9mg

Protein: 3g

Cholesterol: 1mg

Fiber: 2g

Vitamin C: 80.9mg

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