



Vegan Cashew Chicken Recipe

Author: Chuck Underwood Prep Time: 45 min Cook Time: 15 min

Total Time: 1 hour Yield: 3-4 Servings Category: Main Dish

Method: Stir Fry Cuisine: American Asian Diet: Vegan

Description

Craving your favorite Chinese Takeout? Then check out my Vegan Cashew Chicken! It tastes BETTER than the original plus it's OIL-FREE!

Ingredients

The "Chicken"

- 12 oz block super-firm tofu
- 4 cups water
- 1 Tbs salt

The Sauce

- 3 Tbs low-sodium soy sauce (or tamari)
- 2 Tbs maple syrup
- 1 Tbs hoisin sauce
- 1 Tbs rice vinegar
- 1 tsp sriracha
- 1/4 tsp ground ginger
- 1 Tbs corn starch

The Veggies

- 6 oz canned mushrooms
- 3 scallions, white parts only
- 2-3 cloves minced garlic
- 1 rib celery
- 1/2 red bell pepper
- 1/2 cup water chestnuts

Instructions

- 1 Press the tofu and drain. Then cut it into 2 equal slabs, and then bite-sized pieces.

- 2 Bring 4 cups of water and the salt to a boil, then add the tofu and boil for 10 minutes.
- 3 Dry the tofu, then air-fry or bake at 400° F for 10 min or until slightly browned. Set aside.
- 4 Prepare the sauce by mixing all of the sauce ingredients. Set aside.
- 5 Dice, mince, and chop all of the veggies. Set aside.
- 6 Add the cashews to a dry hot skillet and lightly toast until slightly browned. Remove and set aside.
- 7 Add the mushrooms, onions, and garlic to the skillet and saute until slightly softened.
- 8 Add the remaining veggies and a little broth or water if needed to stir fry just until crisp-tender.
- 9 Add the sauce and stir, then add the tofu and cashews and stir until everything is well coated.

Notes

- i Love My Recipes??! Your Tips & Donations Help a LOT!

Find it online: <https://www.brandnewvegan.com/recipes/asian/vegan-cashew-chicken>
