

### **Chicken with Cashews, Ginger & Lemon**

A delicious, summery chicken dish for those days when it's a bit cool and you need a warming meal.

Serves 4

4 large chicken thighs, skinned

2 tbsp olive oil

2 tbsp cashew nuts

2 tbsp parsley, chopped

2 large cloves garlic

½ tsp salt

Pinch of saffron

1 tbsp finely grated root ginger

1 large onion, chopped

1 bay leaf

Juice of ½ lemon

100ml chicken stock



1. Grind the cashew nuts, parsley, garlic, salt and saffron in mortar & pestle or food processor to make a paste, set aside.
2. Heat the olive oil in a large, shallow pan and fry the chicken thighs for a few minutes on each side to brown.
3. Add the chopped onion, bay leaf and finely grated root ginger, stir and when the onion has softened, add the stock and lemon juice.
4. Put a lid on the pan and simmer gently for 30 minutes. Add the cashew paste and cook for a further 15 minutes. Add a splash of water if the chicken is a bit dry.
5. Taste for seasoning and serve.

### **Hints, Tips and Adaptations**

*Gluten free, dairy free*

*Use chicken breasts, but reduce the cooking time to 20 mins and add the paste at No3.*

*Try pork chops or pork fillet instead of chicken*