



Sweet & Spicy Cashew Chicken (Better Than Takeout)

Sometimes you want something bold and flavorful without the greasy oils, mystery ingredients, MSG, or post-takeout regret. This sweet and spicy cashew chicken delivers all the flavor you'd expect from your favorite takeout spot—but with fresh ingredients you can actually feel good about eating.

It's savory, slightly sweet, a little spicy, and loaded with crisp peppers and crunchy cashews. The sauce comes together in minutes.

Even better, this dish works beautifully for meal prep, but it's also impressive enough to serve to guests. Healthy doesn't have to mean boring—and this recipe proves it.

See how easy this recipe comes together via the YouTube demo.

Seasoning Blend

- 1 tablespoon minced onion
- 1 tablespoon granulated garlic
- 1½ teaspoons crushed red pepper
- ½ teaspoon salt
- 1 tablespoon smoked paprika

Chicken & Vegetables

- 1/4 cup vegetable broth
- 3 scallions, chopped (whites and greens separated)
- 3 cloves garlic, chopped
- 1 teaspoon ginger (1 frozen Dorot cube works great)
- 2 cups green bell pepper, chopped
- 1 cup red bell pepper, chopped
- 1 jalapeño, finely chopped
- 2 yellow salad peppers, chopped
- 2 pounds boneless chicken, cubed
- 1 cup unsalted cashews

Sauce

3 tablespoons Bragg's Aminos
3 tablespoons Bragg's Coconut Aminos
4 tablespoons rice vinegar
4 tablespoons date syrup (Just Date or Date Lady work well)
1 tablespoon sesame oil

Instructions

1. In a small bowl, combine the minced onion, granulated garlic, crushed red pepper, salt, and smoked paprika. Set aside.
2. In a large skillet over medium heat, sauté the chopped peppers in ¼ cup vegetable broth for about 10 minutes, until they begin to soften.
3. Add the white part of the green onion and stir well.
4. Add the garlic, ginger and cook for about 5 minutes, stirring occasionally.
5. Add the cubed chicken to the skillet and sprinkle the seasoning blend over the top.
6. Cook the chicken until browned and fully cooked through, about 15 minutes, or until the internal temperature reaches 160°F.
7. While the chicken cooks, prepare the sauce.
8. In a small bowl, whisk together the rice vinegar, Bragg's aminos, coconut aminos, date syrup, sesame oil and dry seasoning blend, until well combined.
9. Once the chicken is cooked, pour the sauce into the skillet and stir until the chicken and vegetables are fully coated. Simmer about 10 minutes till most of the moisture is evaporated.
10. Add the cashews and stir well to combine.
11. Top with the green parts of the scallions and serve.

Freeze the leftovers, they'll keep for a couple months in the freezer.

Bon Appetit!