

# Sheet Pan Cashew Chicken



prep time  
10 minutes



total time  
25 minutes



servings  
4

## Ingredients

### Sauce

- 1/2 cup Coconut Aminos
- 1 tbsp apple cider vinegar
- 1 tbsp garlic minced
- Juice from half a lime
- 1 tsp sesame oil
- 1/4 tsp crushed red pepper flakes

### Chicken & Veggies

- 1 1/2 lbs/675 grams chicken breast  
~ 23 servings of protein
- 12 oz/360 grams fresh broccoli  
~ 7 servings of veggies
- 1 red pepper ~ 1 serving of veggies
- 90 grams cashews ~ 3 servings of fat
- 2 tbsp olive oil extra virgin  
~ 2 servings of fat
- salt & pepper

## Instructions

- 1 Preheat oven to 425 degrees.
- 2 While the oven preheats, combine the sauce ingredients together in a bowl and whisk. Set aside for later.
- 3 Slice the bell pepper, mince the garlic and dice the chicken into small cubes.
- 4 On a baking sheet, place chicken in a single layer on one side of the sheet. Then place the bell peppers in a single layer on a sheet, and then do the same with the broccoli.
- 5 Cover everything with salt & pepper. Then drizzle olive oil over the bell peppers and broccoli. Drizzle half the sauce over the chicken and save the rest for later. Bake for 10 minutes.



- 6 Remove the baking sheet from the oven and flip chicken so it's not sticking together. Add cashews to the pan and bake for an additional 5 minutes.
- 7 After 5 minutes remove the baking sheet from the oven and make sure chicken is cooked through.
- 8 Serve over rice and drizzle the remaining sauce over everything before you serve. You can also sub potatoes, zoodles or a carb of your choice!

Whole Recipe Breakdown:  
23 Servings Protein  
0 Servings Carb  
5 Servings Fat  
8 Servings Veggies