

Slow Cooker Cashew Chicken

Sauce:

2 cups water

2 tablespoons onion soup powder

6 tablespoons balsamic vinegar

4 tablespoons date syrup or Silan

2 flat teaspoons ginger- fresh or powdered

2 cloves garlic crushed or 4 teaspoons garlic powder

1/2 cup ketchup

4 tablespoons sweet chili sauce

4 tablespoons brown sugar

2 teaspoons salt

2 kilo (4.4 pounds) skinless, boneless chicken breasts cut into 1 inch pieces

6-8 Tablespoons cornstarch or potato starch

1/2 teaspoon black pepper

2 teaspoons sweet paprika

2-3 tablespoons canola oil

To serve:

1 1/2 cups roasted cashews

Crispy Chinese noodles

Directions:

For sauce, combine water, onion soup powder, balsamic vinegar, silan (date syrup), ginger (fresh or powdered as you like) garlic, ketchup, sweet chili sauce, brown sugar and salt in medium bowl. Set aside.

Combine cornstarch/potato starch, paprika and pepper in ziploc bag. Add chicken. Shake to coat with cornstarch mixture. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Don't worry if it doesn't brown much, more likely to be light in color. You are going for the crispy outer texture for the chicken. Additionally, you are specifically not fully cooking the chicken, that takes place in the crockpot so don't overdo the sauteeing. Place chicken in slow cooker. Cook on low for 2 1/2 hours. Check to make sure it's fully done but don't overcook. Serve over rice and on Passover I serve it over mashed potatoes. Sprinkle with roasted cashews and crispy Chinese noodles (they have them kosher for Passover).