

MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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Special Stir Fry

Ingredients:

3/4 lb. chicken breast
1/2 lb. shrimp (peeled & deveined)
1 cup roasted cashews
1 large onion (diced)
1/2 cup shredded coconut
3 cloves garlic (minced)
5 dry Thai chilis (chopped)
2 tbsp. cilantro (chopped)
2 tbsp. mint (chopped)
2 tbsp. basil (chopped)
1 tbsp. lemon thyme (chopped)
2 tbsp. sesame oil
1 lime

marinade:

1 cup soy sauce
1/2 cup mirin
1 inch piece of fresh ginger (slices)
2 cloves garlic (sliced)

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1. Slice the chicken into strips or bite sized pieces.
2. In a bowl, whisk together the marinade. In two separate bowls or zip-top bags, place the shrimp and the chicken. Pour about two thirds of the marinade in a bowl with the chicken. Pour the remaining marinade in the bowl with the shrimp. Cover both and refrigerate for 15 minutes. Neither needs to marinate long because you are working with such small pieces. In fact, I would not marinate for longer than an hour. The two containers may seem wasteful, but the issue is not sanitation. The chicken and shrimp cook at different rates so you want to be able to add the chicken all at once early and then add the shrimp later.
3. Now is the time to finish all of your preparation. Things move quickly with stir fry. So you want everything chopped and sitting by the wok once you start cooking. If you are going to use noodles, the water should be boiling. If you are using rice, it should be cooking.

4. Place a wok over high heat and add the sesame oil. Let it heat until the oil is shimmering. Add the chilis, and let cook for about 1 min. The chili oil formed will give you a few coughs if you directly breathe it in, so be careful.

5. Add the chicken to the wok and cook for 2 min, stirring regularly. Add the onion and garlic. Cook for 3 min. or until onion and garlic begin to soften. Add the shrimp and cashews. Cook for 1 min, then add the herbs. Cook for 3 minutes or until the shrimp start to look cooked. Add the coconut, stir in and turn down the heat until ready to serve.

6. If you are using traditional noodles, add them now to the water to cook. Once cooked, transfer them to the wok and toss with the stir fry. If using rice, serve the stir fry over top. Finish off the dish with a squeeze from a lime wedge. Enjoy!