

SWAG RECIPE

Curried Cashews



Ready in **roughly 1 hour**

Serves **6 or more people**

***high in protein**

FUN FACTS ABOUT CASHEWS:

- Great source of protein and antioxidants.
- Lowest fat content compared to most other nuts.
- Promotes vibrant hair and skin.
- Cardio protective benefits.

Ingredients

- 1 lb unsalted cashews
- 1 tbsp thai green curry paste
- 1 tbsp tamari
- 1 egg white

Preparation

1. Preheat oven to 300°F
2. Whip 1 egg white until frothy.
3. Whisk in the thai green curry and tamari until fully incorporated.
4. Fold the mixture over the cashews.
5. Place mixture on parchment paper or a silicone mat.
6. Bake for roughly 45 minutes.
7. Stir every 5 to 10 minutes while baking until the crust is fully adhered.

Tips from Executive Chef Jake

Be very attentive when stirring, this is a very important step in the baking process.

