Chicken and Cashew Stir Fry

* 1 bunch scallions
* 1 pound skinless boneless chicken thighs
* 1/2 teaspoon salt
* 1/4 teaspoon black pepper
* 3 tablespoons vegetable oil
* 1 red bell pepper, chopped
* 4 garlic cloves, finely chopped
* 1 1/2 tablespoons finely chopped peeled fresh ginger
* 1/4 teaspoon dried hot red-pepper flakes
* 3/4 cup reduced-sodium chicken broth
* 1 1/2 tablespoons soy sauce
* 1 1/2 teaspoons cornstarch
* 1 teaspoon sugar
* 1/2 cup salted roasted whole cashews

Chop scallions, separating white and green parts. Pat chicken dry, then cut into 3/4-inch pieces and toss with salt and pepper. Heat a wok or 12-inch heavy skillet (not nonstick) over moderately high heat until a drop of water evaporates immediately. Add oil, swirling to coat, then stir-fry chicken until golden in places and just cooked through, 4 to 5 minutes. Transfer to a plate with a slotted spoon. Add bell pepper, garlic, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 5 to 6 minutes.

Stir together broth, soy sauce, cornstarch, and sugar, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened, 1 to 2 minutes. Stir in cashews, scallion greens, and chicken along with any juices accumulated on plate.