



*Make the sweet and sour sauce from scratch - it's beyond restaurant quality!*

**Cooking Time: 30 min | Dairy-Free**  
**Cals 900 | Prot 56 | Carbs 138 | Fat 16**

### Tips For Fussy Eaters

If necessary, save some of the chicken and vegetables, and prepare a mild stir-fry for them instead.

### Pro Tip

Rinse the pineapple with cold water to remove the excess sweetness. Drain well! Prepare the sweet and sour sauce in advance and store it in the fridge.



## Ingredients

For 2 For 3 For 4

### Chicken

Chicken breast	400	500	600	Grams
Salt	0.5	1	1	Tsp
Corn starch	20	20	60	Grams
Vegetable oil	6	8	10	Tbsp

### Sauce

Orange	1	1	2	Pieces
Pineapple juice	180	180	180	ML
Sweet chilli sauce	40	60	80	Grams
Ketchup	39	39	78	Grams
Rice vinegar	15	22	30	ML
Apple cider vinegar	15	22	30	ML
Soy sauce	20	30	40	ML
Brown sugar	5	10	10	Grams
Garlic powder	2	4	4	Grams

### For stir fry

Green pepper	1	1	2	Pieces
Red pepper	1	2	2	Pieces
Spring onion	40	60	80	Grams
Pineapple chunks	140	140	280	Grams
Cashew nuts	40	60	80	Grams

### Rice

Jasmine rice	150	225	300	Grams
Water	300	450	600	ML



Share Your #hellochef Pics With Us

www.hellochef.me  
hello@hellochef.me  
04-8855-758



### 1 Prep sauce

Juice the **orange**. Add 50/75/120 ml of **orange juice**, 100/150/180 ml of **pineapple juice**, the **sweet chilli sauce**, **ketchup**, **vinegars**, **soy sauce**, **sugar** and **garlic powder** to a small saucepan. In a small glass, whisk 1/1.5/2 Tbsp of **water** with 2/3/4 tsp of **corn starch** until smooth. Add the **starch** mixture to the pot.



### 4 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove from the heat and keep covered until serving.



### 2 Cook sauce

Place the saucepan over a medium heat and cook, stirring continuously, until the mixture starts to bubble. Once bubbling, reduce the heat to low and cook, stirring, for 2-3 min further or until glossy and thickened a bit. Set aside.



### 5 Stir-fry

Meanwhile, heat a large pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the coated **chicken** and fry for 4-5 min or until nicely browned. Transfer the **chicken** to a plate. Return the pan to the heat with another drizzle of **oil**. Stir-fry the bell **peppers** with a pinch of **salt** for 3 min until slightly softened.



### 3 Prep stir-fry

Chop the **chicken**. Place the remaining **corn starch** on a plate and season with **salt**. Turn the **chicken** in the **starch** and set aside. Dice the bell **peppers**. Slice the **spring onion**. Drain the **pineapple chunks** (see pro tip).



### 6 Serve

Return the **chicken** to the pan. Add the **spring onion** (reserve some for garnish), **pineapple** and **cashew nuts**. Add the **sweet and sour sauce**. Simmer for a final 2-3 min, making sure to give everything a good mix up. Serve over the **rice** and garnish with the remaining **spring onion**.