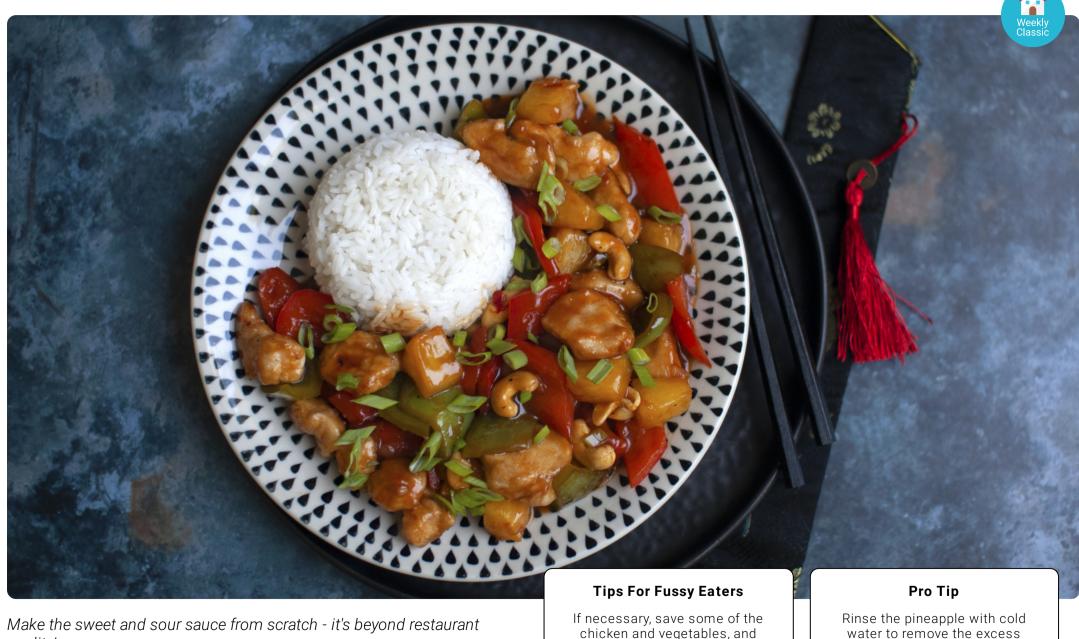
Sweet and Sour Chicken

with Jasmine Rice



quality!

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

chicken and vegetables, and prepare a mild stir-fry for them instead.

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 500 600 Chicken breast 400 Grams Salt 0.5 1 Tsp Corn starch 20 20 60 Grams 6 8 Vegetable oil 10 Tbsp Sauce 2 1 1 Pieces Orange Pineapple juice 180 180 ML180 Sweet chilli sauce 40 60 80 Grams Ketchup 39 39 78 Grams 22 Rice vinegar 15 30 ML 22 Apple cider vinegar 15 30 ML 30 40 MI 20 Soy sauce 5 Brown sugar 10 10 Grams Garlic powder 2 4 4 Grams For stir fry 2 1 1 Pieces Green pepper 2 2 Red pepper 1 Pieces Spring onion 40 60 80 Grams 140 280 Pineapple chunks 140 Grams 60 80 Cashew nuts 40 Grams Rice Jasmine rice 150 225 300 Grams 300 450 Water 600 MI



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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.



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 Drain the pineapple chunks (see pro aside

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**. tip).







4 Boil rice

Rinse the **iasmine 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.

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 frv 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.

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**.