

# Sweet and Sour Chicken

## with Jasmine Rice

hellóchef

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

Cals 878 • Prot 62 • Carbs 143 • Fat 11

Weekly Classic

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Corn starch	20	30	30	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	2	3	4	Tbsp
Sauce				
Orange	1	1	2	Piece
Pineapple juice	180	180	180	ML
Pineapple chunks	140	140	280	Grams
Sweet chilli sauce	40	60	80	ML
Ketchup	40	60	80	Grams
Rice vinegar	15	22	30	ML
Apple cider vinegar	15	22	30	ML
Soy sauce <sup>9*</sup> , <sup>10*</sup> , <sup>11*</sup>	20	30	40	ML
Brown sugar	5	8	10	Grams
Garlic powder	2	4	4	Grams
Stir-fry				
Green pepper	1	1	2	Piece
Red pepper	1	2	2	Piece
Spring onion	40	60	80	Grams
Cashew nuts <sup>1*</sup> , <sup>2*</sup>	30	40	60	Grams
Rice				
Water	300	450	600	ML
Jasmine rice	150	225	300	Grams

Allergens

<sup>\*9</sup> Soya, <sup>\*10</sup> Wheat, <sup>\*11</sup> Gluten, <sup>\*1</sup> Peanuts, <sup>\*2</sup> Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3678 / 878
Fat (g)	11
of which saturates (g)	2
Carbohydrate (g)	143
of which sugars (g)	52.7
Fiber (g)	9.4
Protein (g)	61.7
Salt (g)	3.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



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**, both **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.



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.



3 Prep stir-fry

Chop the **peppers** into rough chunks. Trim and finely slice the **spring onion**. Drain the **pineapple chunks**. Chop the **chicken** into bite-size pieces. Place the remaining **corn starch** on a plate and season with **salt**. Turn the **chicken** in the **starch** and set aside.



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.



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 a medium-high heat with another drizzle of **oil**. Once hot, add the **peppers** and fry 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**.