



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: GINGER

Ginger is one of the healthiest spices around! It's known to boost your immune system, fight nausea, reduce muscle pain, lower your blood sugar, and much more.



3. SWEET AND SOUR CHICKEN

Say goodbye to your local take-away shop, and create this Chinese favourite at home! It's full of fresh veggies, tender chicken, and a sweet and sour sauce to die for.

 30 Minutes

 2 Servings

2 March 2020

FROM YOUR BOX

BASMATI RICE	150g
PINEAPPLE PIECES	225g
RED ONION	1/2 *
CELERY STICK	1
RED CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
GINGER	40g
CHICKEN STIR-FRY STRIPS	300g
ROASTED CASHEW NUTS	1 packet (60g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), cornflour (see notes), white or rice wine vinegar, sugar (of choice), tomato sauce, soy sauce, pepper

KEY UTENSILS

saucepan, frypan or wok

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

You can use the same amount of potato flour or regular flour instead of cornflour if you prefer, alternatively twice the amount of tapioca flour.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Whisk together pineapple juice (reserve pieces) with **1 tsp cornflour** (see notes), **1 1/2 tbsp vinegar**, **1 tbsp sugar**, **1 1/2 tbsp tomato sauce** and **1 tbsp soy sauce**.



3. PREPARE THE VEGETABLES

Slice red onion, celery, capsicum and asian greens. Grate ginger to yield roughly 1/2-1 tbsp. Keep separate.



4. COOK THE CHICKEN

Heat a pan or wok with **oil** over medium-high heat. Add chicken and cook for 4-5 minutes or until almost cooked through. Add onion and ginger, cook for further 2 minutes.



5. ADD THE VEGETABLES

Add remaining vegetables and pineapple, cook for 3-4 minutes until just tender. Add sauce and stir until thickened. Season with extra **soy sauce**, **pepper** and **sugar** to taste.



6. FINISH AND PLATE

Roughly chop cashews.

Serve sweet and sour chicken over rice and garnish with cashews.