



Sweet & Sour Chicken

Classic sweet & sour chicken finished with cashew nuts and served over rice.

 25 Minutes

 2 Servings

 Chicken

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-----------|---------|-----------|---------------|
| | 43g | 18g | 61g |

FROM YOUR BOX

| | |
|----------------------|----------|
| BASMATI RICE | 150g |
| RED CAPSICUM | 1 |
| SNOW PEAS | 150g |
| DICED CHICKEN BREAST | 300g |
| KAFFIR LIME LEAF | 1 |
| TINNED PINEAPPLE | 1 tin |
| CASHEW NUTS | 1 packet |

FROM YOUR PANTRY

sesame oil (or other), sweet chilli sauce, white wine vinegar, cornflour, soy sauce

COOKING TOOLS

saucepan/rice cooker, frypan or wok

Add a tin of coconut milk instead of the pineapple juice for a less sweet flavour! Season to taste with soy sauce.

Before you start cooking!

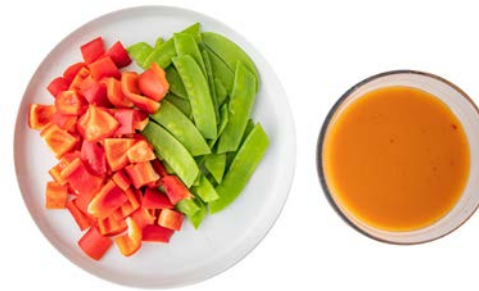
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



2. PREPARE THE VEGGIES & SAUCE

Chop **capsicum** and trim **snow peas**.

For the sauce, mix **1/2 cup water**, **1/2 tbsp cornflour**, **2 tbsp sweet chilli sauce**, **1/2 tbsp soy sauce** and **1 tbsp vinegar**.



3. SEAL THE CHICKEN

Heat a frypan (or wok) with **1/2 tbsp oil** over medium-high heat. Add **chicken** and cook, stirring, until sealed.

tip Cook chicken over high heat to help make it golden.



4. ADD THE VEGGIES

Tear and add **kaffir lime leaf** with **capsicum** to pan, cook for 2-3 minutes. Stir in **pineapple pieces and juice**.

tip Keep capsicum (and snow peas) fresh and serve on the side if you like!



5. STIR IN THE SAUCE & SNOW PEAS

Pour in the **prepared sauce** and stir until thickened. Add **snow peas**.

tip Season with soy sauce, sweet chilli sauce and pepper to taste!



6. FINISH AND SERVE

Serve **sweet & sour chicken** with **rice** and top with **chopped cashew nuts**.