



Sweet & Sour Chicken

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

 25 Minutes

 4/6 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g	18g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
RED CAPSICUM	1	2
SNOW PEAS	150g	2 x 150g
DICED CHICKEN BREAST	600g	600g + 300g
KAFFIR LIME LEAVES	2	3
TINNED PINEAPPLE	1 tin	1 tin
CASHEW NUTS	40g	2 x 40g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan/rice cooker, large pan 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 **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

6P - cover rice with 900ml water.



2. PREPARE THE VEGGIES & SAUCE

Chop **capsicum** and trim **snow peas**. For the sauce, mix **1 cup water, 1 tbsp cornflour, 1/3 cup sweet chilli sauce, 1 tbsp soy sauce** and **2 tbsp vinegar**.

6P - mix 1 1/2 cup water, 1 1/2 tbsp cornflour, 1/2 cup sweet chilli sauce, 1 1/2 tbsp soy and 3 tbsp vinegar.



3. SEAL THE CHICKEN

Heat a large 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 **kafter lime leaves** 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**.