



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Ginger


Ginger is often thought to be a root that grows underground. But it's actually a rhizome! Rhizomes are underground stems, which (much like roots) serve to store a plant's water and nutrients.



2 Sweet and Sour Chicken with Rice

Like takeaway, only healthy, homemade and much tastier! Fragrant basmati rice, stir-fried chicken and veg, and a simple gingery sweet & sour sauce.

 30 minutes

 2 servings

 Chicken

15 March 2021

Not a fan of sweet & sour?

Instead, you can make a teriyaki-style sauce by mixing 1 1/2 tbsp soy sauce, 1 tbsp white wine or rice vinegar, 1 tbsp sugar/honey, 1 tbsp sesame oil, 1 tbsp water and 1 crushed garlic clove. Freeze the ginger for another time or use to make tea.

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
PINEAPPLE PIECES	225g
TOMATO PASTE	1 sachet
SPRING ONIONS	1/4 bunch *
CELERY STICK	1
CARROT	1
ASIAN GREENS	2 bulbs
DICED CHICKEN BREAST	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, wok or large frypan

NOTES

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



1. COOK THE RICE

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



2. MAKE THE SAUCE

Grate ginger to yield 2 tsp and whisk together with pineapple juice (reserve pieces), tomato paste, **1/2 tbsp cornflour**, **1 1/2 tbsp vinegar**, **1 tbsp sugar**, and **1 tbsp soy sauce**.



3. CHOP THE VEGETABLES

Slice the spring onions (keep some green tops for garnish), celery, carrot, and Asian greens.



4. COOK THE CHICKEN

Heat wok/frypan with oil over medium-high heat. Add chicken and cook for 6–8 minutes until almost cooked through. Add the vegetables and pineapple pieces, cook for a further 2–3 minutes until just tender.



5. ADD THE SAUCE

Pour sauce into wok and stir until thickened. Season to taste with extra **soy sauce**, **pepper** and **sugar**.



6. FINISH AND PLATE

Divide rice among bowls. Spoon over sweet and sour chicken, garnish with reserved spring onion tops.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

