Sweet and Sour Chicken
RECIPE

Sweet and Sour Chicken



TIME	25 mins
INGREDIENTS	16 items
MAKES	2 servings

Tender meat and vegetables in a tangy sauce makes the perfect dish to inject flavour to your dinner!

INGREDIENTS

- Ben's Original™ Egg Fried Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts, chopped
- 1 White Onion, chopped
- 1 Red Pepper, chopped
- 60g Tenderstem Broccoli Tips
- 60g Sugar Snap Peas
- 230g Tin of Pineapple Chunks in Natural Juice
- 2 Garlic Cloves, crushed
- 2cm piece of Fresh Ginger, grated
- 1tbsp Corn flour

- 1tbsp Soy Sauce
- 1tbsp Rice or White Wine Vinegar
- 1tbsp Soft Brown Sugar
- 2tbsp Ketchup
- 2 Spring Onions, sliced

INSTRUCTION

1. Firstly mix the sauce ingredients: Mix together the juice from the tinned pineapple, garlic, ginger, corn flour, soy sauce, vinegar, sugar and ketchup together in a small bowl.
2. Add the oil to a wok over a high heat. When smoking, add the chicken and stir fry until sealed. Follow with the onion, pepper, broccoli and sugar snap peas. Continue cooking until the vegetables begin to soften.
3. Add the sauce mixture to the wok and bring to the boil before reducing to a simmer. After a few minutes the sauce should begin to thicken as the corn flour cooks. Chop the tinned pineapple and add to the pan to warm through.
4. Heat the Ben's Original™ rice according to pack instructions. Split into two dishes and top with the sweet and sour chicken. Sprinkle with sliced spring onions and enjoy!

NUTRITION

Amount Per Serving

- Calories 543
- Carbohydrates (g) 70.9
- Cholesterol (mg) 94
- Dietary Fiber (g) 6.4
- Energy (kJ) 2298
- Protein (g) 40.8
- Sugars (g) 28.7
- Total Fat (g) 9.5
- Saturated Fat (g) 1.5
- Salt (g) 1.42
- Sodium (mg) 569
- Trans Fat (g) 0

Categories:

Chicken, 15 - 30 MIN, Egg Fried, Stove Top, Food of the World, Make your own Takeaway, Crowd pleasers

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Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Chinese Style Beef Stir Fry

Cooking time

25 mins

Ingredients

12 items

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