KIKKOMAN

Chicken and pepper stir-fry with pineapple & chilli

Total time **60 mins** **15 mins** preparation time **15 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
1,854 kJ / 443 kcal

Fat: **16 g** Protein: **42 g**
Carbohydrates: **31 g**

INGREDIENTS

2 portion(s)

Marinade:

300 g	chicken breast (or boneless chicken thighs)
80 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	brown sugar
0.3 tsp	ground cumin
2 cm	fresh ginger
1 tbsp	lime juice

Vegetables:

1	onion
2 cm	fresh ginger
1	chilli pepper
100 g	fresh pineapple, peeled
0.25	green pepper
0.25	red pepper
0.25	yellow pepper
1	small carrot
0.5 bunch	of fresh coriander
50 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	brown sugar
	Oil for cooking (e.g. rapeseed)

Garnish:

1	lime (cut into wedges)

PREPARATION

Step 1

Cut the chicken into cubes. Add the Kikkoman Soy Sauce, sugar, ground cumin, grated ginger and lime juice. Mix well and marinate for about 30 minutes.

Step 2

Thinly slice the onion. Finely chop or grate the ginger. Chop the chilli pepper. Cut the pineapple into large cubes, the peppers into cubes or diamonds, and the carrot into half-moons.

Step 3

Heat a little cooking oil in the pan. Add the chicken and cook over a high heat until it starts to brown. Add the onion, carrot, ginger, pineapple and chilli pepper and stir-fry for about 1 minute. Add the brown sugar and wait for it to caramelise. Add the peppers and mix everything together. Stir-fry for 1-2 minutes. Finally, add the Kikkoman Soy Sauce and cook until the excess liquid evaporates.

Step 4

Serve with the chopped fresh coriander and lime.