

# **Sweet and Sour Chicken with rice or noodles**

Total time **65 mins 20 mins** cooking time **30 mins** marinating time **15 mins** preparation time

Nutritional facts (per portion):

2,788 kJ / 666 kcal

# **INGREDIENTS**

# 4 portion(s)

2 tbsp	oil
4	skinless chicken breasts,
	cut into chunks
1	onion, sliced
2	cloves garlic, crushed
1	red pepper, sliced
1	yellow pepper, sliced
<b>100</b> g	baby sweetcorn, halved
2 tbsp	tomato ketchup
2 tbsp	<u>Kikkoman Naturally</u>
	Brewed Soy Sauce
2 tbsp	white wine vinegar
2 tbsp	sugar
2 tbsp	cornflour
1	2cm piece fresh ginger,
	grated
227 g	can pineapple chunks in
	juice, drained and juice
	reserved
1 tbsp	tomato puree (optional)
300 g	rice or noodles, cooked
	according to pack
	instructions, to serve

Fat: **10.7** g Protein: **44.9** g Carbohydrates: **103.4** g

# **PREPARATION**

# Step 1

Heat the oil in a large frying pan or wok. Add the chicken and cook until browned on both sides.

#### Step 2

Add the onion, and garlic and fry for a couple of minutes, stirring well.

#### Step 3

Throw in the peppers, baby sweetcorn and stirfry for 3-4mins until softened.

## Step 4

Make the sauce by mixing the ketchup, Kikkoman Soy Sauce, white wine vinegar, sugar and cornflour in a small bowl.

#### Step 5

Add the ginger and drained pineapple chunks to the pan, then stir in the sweet and sour sauce. Make up the pineapple juice to approx. 300ml with either a little water or stock and add to the pan. Cover and simmer for 10mins, stirring occasionally. If the colour is a little pale, add the tomato puree for a richer sauce.

### Step 6

Serve with rice or noodles.