

## Sweet & Sour Chicken

*(serves 2)*

Love a dish that packs sweetness and a tangy punch? Try our sweet & sour chicken with egg-fried rice recipe below for a healthier taste on a classic takeaway meal. We've kept the staple chicken & rice, but by making your own sauce and upping the vegetable content the calories and fat are spared, resulting in a ~600 calorie dish compared to the average ~1800 calorie equivalent consumed in a typical takeaway meal. Happy eating!



## Ingredients

- 2 x chicken breasts, cut into small chunks
- 227g tin of pineapple chunks in juice
- 125g / half pack of mushrooms, chopped
- 1 x red pepper
- 2 x salad tomatoes
- 3 x tbsp tomato ketchup
- 3 x tbsp rice wine vinegar (malt vinegar will do if necessary)
- 3 x tbsp honey
- 1 x tbsp soy sauce
- 1 x clove of garlic, finely chopped
- 1 x tsp ground ginger
- 100g uncooked, long-grain rice
- 1 x egg
- 2 x spring onions, for garnish
- 2x tsp cooking oil

## Method

- 1) Heat a large pan / wok, add a tsp of cooking oil or cover base of pan with a spray oil, and add the chicken chunks and cook for 10-15 mins over medium heat
- 2) Cook the rice in a saucepan as per packet instructions, taking care with the portion sizes
- 3) In the meantime, prepare the sauce by draining the pineapple juice into a separate bowl and combine the other sauce ingredients (tomato ketchup, vinegar, honey, soy sauce, garlic, ginger) with the juice
- 4) As the chicken begins to brown, add the mushrooms, pepper and allow to soften
- 5) Add the sauce mixture to the pan along with the pineapple chunks. Bring to a high heat for a few minutes, and then turn the heat down to medium-low and allow to simmer
- 6) Once the rice is cooked, drain the excess water and add to another frying pan on a high heat with the remaining oil and allow to fry for a 1-2 minutes. Whisk the egg in a jug and tip into the frying pan, stirring continuously to coat the rice. Take off the heat after another 1-2 minutes
- 7) Serve the rice and chicken and top with chopped spring onions, or a garnish of your choice

## Nutritional Profile per serving

<b>Calories (kcal)</b>	<b>595</b>
<b>Carbohydrate (g)</b>	<b>97.4</b>
<b>Fat (g)</b>	<b>7.2</b>
<b>Protein (g)</b>	<b>40</b>
<b>Fibre (g)</b>	<b>7</b>
<b>Salt (g)</b>	<b>1.8</b>

Average large takeaway serving: **1833 kcal**