



# Speedy Sweet and Sour Chicken

with cashew and coriander topped jasmine rice

Classic Quick Cook 20-25 mins

3



Diced Chicken Breast



Jasmine Rice



Ketjap Manis



Red Wine Vinegar



Bell Pepper



Onion



Coriander



Cashew Nuts



Tomato Paste

Pantry Items: Oil, Salt, Pepper, Water, Sugar

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Lid, Pot, Sieve

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Jasmine Rice	150 g	300 g
Ketjap Manis	2 sachets	4 sachets
Red Wine Vinegar	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Coriander	5 g	10 g
Cashew Nuts	20 g	40 g
Tomato Paste	2 packs	4 packs

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	427.5 g	100 g
Energy (kJ/kcal)	2436.5 kJ/ 582.3 kcal	569.9 kJ/ 136.2 kcal
Fat (g)	9 g	2.1 g
Sat. Fat (g)	2 g	0.5 g
Carbohydrate (g)	84.1 g	19.7 g
Sugars (g)	20.7 g	4.8 g
Protein (g)	40.2 g	9.4 g
Salt (g)	1.3 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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## Get Prepped

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 12-15 mins then drain in a sieve and pop back in the pot. Cover with a lid and leave to the side until ready to serve.
- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve and peel the **onion**, then cut each half into 3 wedges.
- Roughly chop the **coriander** (stalks and all).

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



## Finish and Serve

- Divide the **rice** between deep bowls.
- Top with the sweet and sour **chicken**.
- Garnish with chopped **coriander** and **cashews**.

## Enjoy!



## Cook the Chicken

- Place a pan over a medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Fry until starting to brown, 5-7 mins.



## Simmer the Sauce

- Add the **onion** and **pepper** to the pan and fry until softened stirring occasionally, 4-5 mins.
- Stir in the **ketjap manis**, **vinegar**, **tomato paste** and 100ml **water** (double for 4p).
- Leave to simmer until sauce is thickened and the **chicken** is cooked through, 3-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Once cooked, add 2 tbsp **sugar** (double for 4p) to the sauce and season to taste with **salt** and **pepper**.