



Speedy Sweet and Sour Chicken

with cashews, coriander, and jasmine rice

Family Quick Cook 20-25 mins

6



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!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

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	1 tin	2 tins

Nutrition

	Per serving	Per 100g
for uncooked ingredients	432.5 g	100 g
Energy (kJ/kcal)	2430.9 kJ/ 581 kcal	562.1 kJ/ 134.3 kcal
Fat (g)	9 g	2.1 g
Sat. Fat (g)	2.1 g	0.5 g
Carbohydrate (g)	84.3 g	19.5 g
Sugars (g)	21.2 g	4.9 g
Protein (g)	40.3 g	9.3 g
Salt (g)	1.3 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



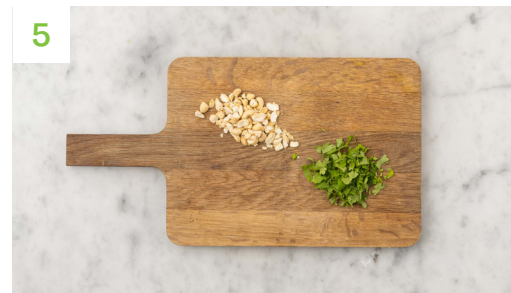
Simmer the Sauce

- 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:** Chicken is cooked when no longer pink in the middle.
- Once the sauce has thickened, add 2 tbsps **sugar** (double for 4p).
- Taste and season with **salt** and **pepper**.



Get Prepped

- 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.



Finishing Touches

- Fluff up the **rice** with a fork.
- Roughly chop the **cashews**.
- Roughly chop the **coriander** (stalks and all).



Cook the Chicken

- Place a pan over 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 hands and equipment after handling raw chicken and its packaging.
- Fry until starting to brown, 5-7 mins.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Garnish and Serve

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

Enjoy!