

HEALTHY SWEET & SOUR CHICKEN

RECIPE



☰ Prep: 10 mins
🕒 Cook: 20 mins
🍴 Serves: 6
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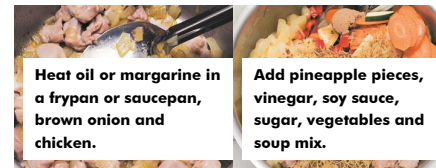
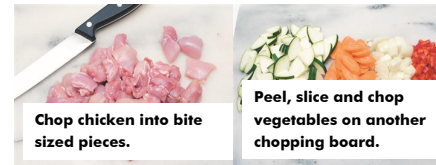
Ingredients

- ▲ 600 g skinless chicken thigh fillets
- ▲ 2 tbs oil or margarine
- ▲ 1 1/2 onions
- ▲ 1 1/2 carrots, peeled and chopped
- ▲ 3/4 capsicum
- ▲ 1 1/2 zucchinis (or cabbage or beans or peas)
- ▲ 3/4 large can canned pineapple slice in natural juice, undrained
- ▲ 3 tbs vinegar
- ▲ 2 tbs reduced-salt soy sauce
- ▲ 1 tbs brown sugar
- ▲ 1 1/2 packets chicken noodle soup (salt reduced)

Method

1. Chop chicken into bite sized pieces.
2. Peel, slice and chop vegetables on another chopping board.
3. Heat oil or margarine in a frypan or saucepan, brown onion and chicken.
4. Add pineapple pieces, vinegar, soy sauce, sugar, vegetables and soup mix.
5. Bring to the boil, cover and simmer for nearly an hour or until chicken and vegetables are cooked.

Recipe from Deadly Tucker cookbook (Aboriginal & Torres Strait Islander-FOODcents manual, 2006), North Metropolitan Health Service, Department of Health WA, reproduced with permission.



Serving Suggestion: Serve with rice.

Nutrition Information

	per serving	per 100g
Energy	2328 kJ	606 kJ
Protein	27.3 g	7.1 g
Fat, total	14 g	3.7 g
— saturated	2.9 g	0.8 g
Carbohydrate	76.5 g	20 g
— sugars	9.9 g	2.4 g
Sodium	444.9 mg	117.6 mg
Fibre	5.4 g	1.2 g