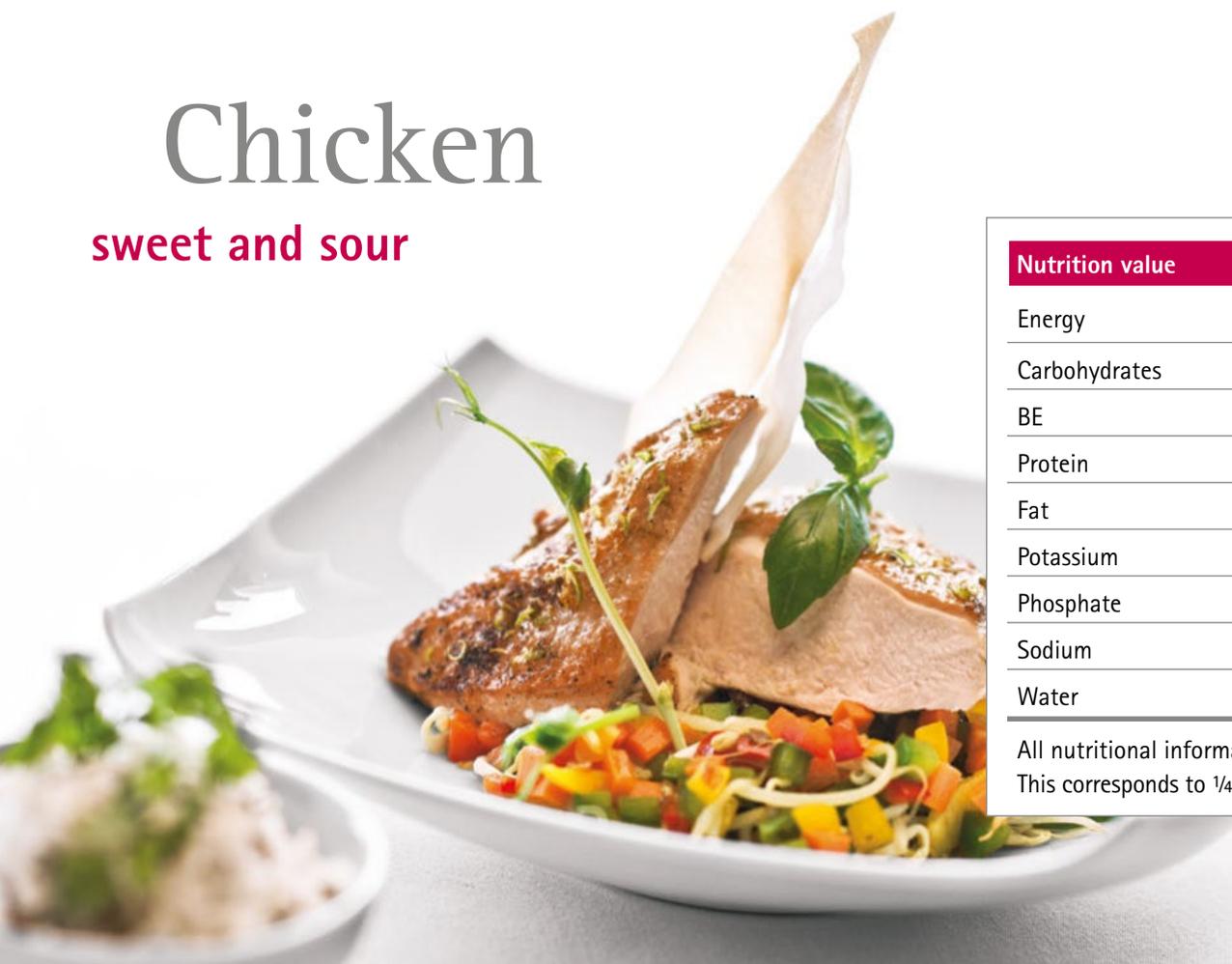




Main course

Chicken

sweet and sour



Nutrition value

Energy	557 kcal
Carbohydrates	45 g
BE	3.7
Protein	31 g
Fat	28 g
Potassium	530 mg
Phosphate	327 mg
Sodium	97 mg
Water	282 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

Preparing the chicken breasts ...

Marinate the chicken breasts in 6 tablespoons of olive oil and 2 to 4 sprigs of thyme, two medium sized sprigs of rosemary, chili, garlic and lemon zest in the fridge for half an hour. Remove and sear in a hot pan until golden brown with the skin side down first (if any). To cook through, place in the oven for 20 to 25 minutes at 160 degrees C.

Sweet and sour vegetables ...

While the chicken is in the oven, cook the bell peppers and carrot cubes in plenty of water until soft. Caramelize the sugar in a large, deep pan or wok, add 2 tablespoons of olive oil, mung beans, the pineapple chunks, tomato paste, ginger, cilantro, chili and chili sauce and swirl the pan around to blend for 2 minutes or so. If desired, season to taste with soy sauce.

Rice ...

Boil the rice in plenty of water and serve as a side.

Ingredients to serve 4

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|--|---|
| 4 chicken breasts, skin still on or skinless | 1 TSP of brown sugar |
| 8 TBSP of olive oil | 2 handfuls of mung beans |
| 2-4 sprigs of thyme | 2 TBSP pineapple chunks (canned) |
| 2 sprigs of rosemary | 2 TBSP tomato paste (canned) |
| 1 chili pepper, cut into 4 longitudinal pieces, seeds removed and chopped into small cubes | 1/2 TSP of peeled ginger root cut into tiny cubes |
| 1 chopped garlic clove | A few sprigs of cilantro |
| Zest of a whole lemon | 1/2 TSP of chili peppers, finely cubed |
| 1 bell pepper, cut into cubes | 1 TBSP of green chili sauce |
| 1 peeled carrot, cut into cubes | 1 TBSP of soy sauce |
| | 200 g black and white rice |

