

Dinner

RECIPE CARD

Sweet & Sour Chicken (Serves 4)

RECIPE NAME

Dinner

MEAL TIME

5 minutes

PREP TIME

25 minutes

TIME TO COOK

Enjoy the flavours of sticky sweet and sour chicken - without the unnecessary calories!

NOTES

Approx. 277 kcal
per serving

CALORIES

INGREDIENTS

- ★ 6 skinless Chicken Breast fillets, *very thinly sliced*
- ★ 6 Spring Onions, *trimmed & finely sliced*
- 2 Garlic Cloves, *peeled & finely chopped*
- ★ Salt & freshly ground Black Pepper
- 3 tbsp Light Soy Sauce
- ★ Low-calorie Cooking Spray
- ★ 1 tbsp Dark Soy Sauce
- ★ 2 tbsp Sweetener
- ★ 1 tbsp Balsamic Vinegar
- ★ 1 tsp Paprika
- ★ ½ tsp Chinese 5-spice Powder
- ★ 100ml Passata
- ★ Spring Onion Slivers and Lime Wedges, to garnish

METHOD



Place the chicken in a shallow ceramic dish. Sprinkle over the spring onions and garlic. Season well and pour over the light soy sauce. Toss to mix well, cover and marinate in the fridge for 30 minutes.



Spray a large non-stick frying pan with low-calorie cooking spray and place over a high heat. Add the chicken mixture and cook for 5-6 minutes and then add the dark soy sauce, sweetener, vinegar, paprika, 5-spice powder and passata. Stir to mix well and bring the mixture to the boil. Reduce the heat and cook gently for 3-4 minutes or until the chicken is cooked through.



Check the seasoning before serving garnished with spring onion sliver and lime wedges to squeeze over.