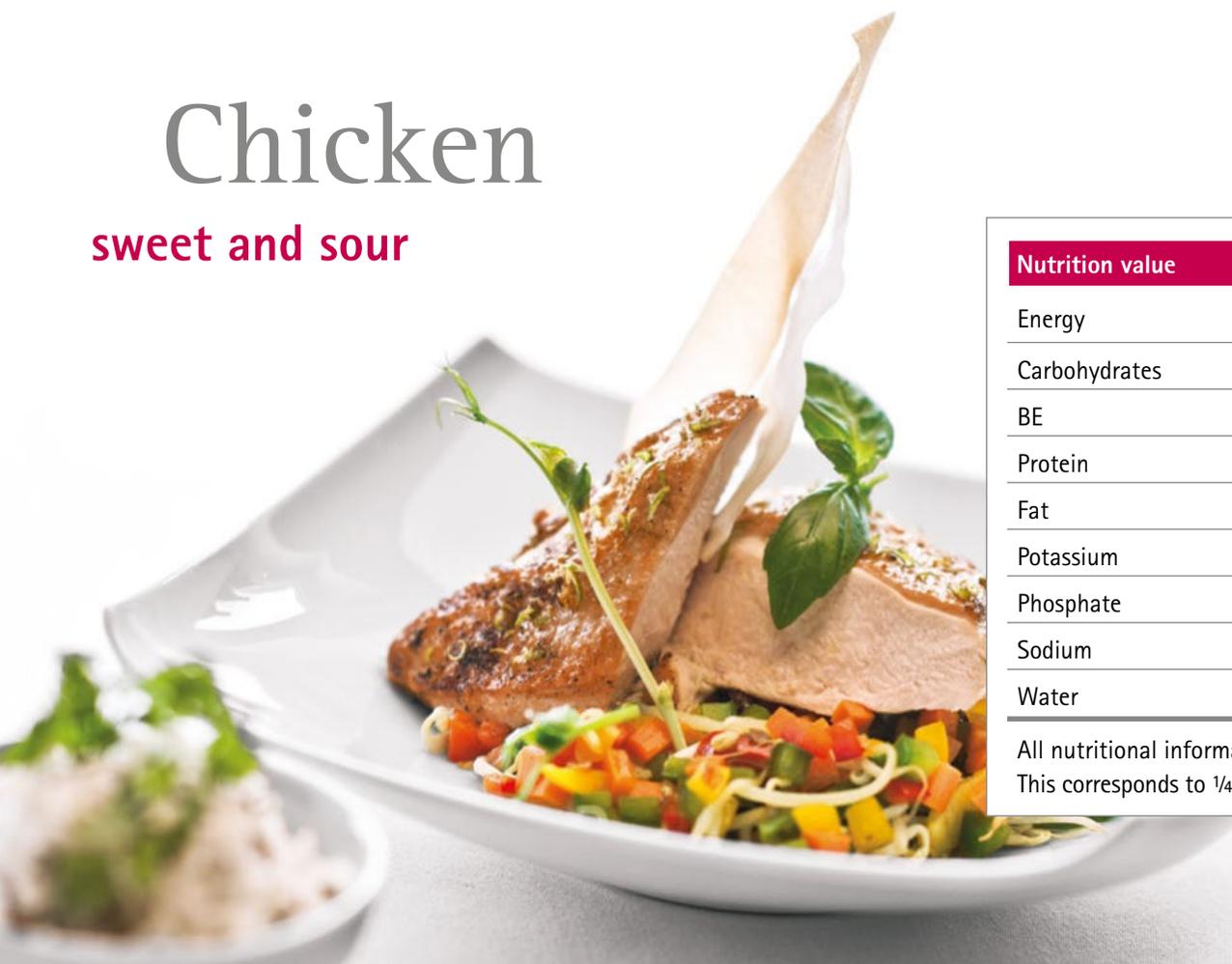




Main course

# 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

- |  |   |
|--|---|
| 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                        |

