

# CHICKEN IN SWEET AND SOUR SAUCE WITH POINTED SWEET PEPPER AND RICE

2 persons / 575 kcal per person

## Ingredients:

- 1 clove of garlic
- 2 red pointed sweet peppers
- 200 grams of chicken fillet
- 1 tablespoon of oil
- 70 grams of tomato paste
- 3 tablespoons of sweet chili sauce
- ½ chicken stock tablet
- 1 tablespoon of (sweet) soy sauce
- 200 ml of boiling water
- 130 grams of rice
- 125 grams of fresh pineapple pieces
- salt



## Preparation:

Cook the rice according to the description on the package. Clean and finely chop the garlic. Wash the peppers, remove the stalk and seeds with a sharp knife. Cut the pulp into thin rings. Cut the chicken fillet into 2 cm pieces. Heat the oil in a frying pan and fry the garlic for 30 seconds. Add the tomato paste and cook for 1 minute. Stir in the chili sauce, stock cube, soy sauce and hot water until a smooth sauce. Bring to the boil while stirring, add the pepper and chicken and simmer for 10 minutes on low heat with the lid on the pan. Stir frequently. Cut the pineapple cubes in half. Stir the pineapple with the juice into the sweet and sour chicken. Serve the sweet and sour chicken with the rice.

## Nutritional value per person:

Energy:	575 kcal
Protein:	26.9 grams
Carbohydrates:	73.8 grams
- including sugars:	25.7 grams
Fat:	16.3 grams
Fiber:	6.0 grams
Salt:	2.6 grams