

# CHICKEN MEATBALLS WITH PAPRIKA IN SWEET AND SOUR SAUCE

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2 persons / 590 kcal per person

## Ingredients:

- 130 grams of rice
- 1½ bell pepper
- 150 grams of minced chicken
- 1 tablespoon of oil
- 200 grams of canned tomatoes
- 3 tablespoons of sweet chili sauce
- 140 grams of pineapple slices in juice (drained weight)
- pepper and salt



## Preparation:

Cook the rice according to the directions on the package. Drain and let stand until use. Cut the peppers into thin strips. Season the minced meat with pepper and some salt and knead into walnut size balls. Heat the oil in a frying pan and fry the meatballs for 2 minutes and add the bell pepper, fry for 5 minutes over medium heat. Add the tomato cubes and sweet chili sauce and stew on low heat for about 8 minutes with the lid on the pan. Season with salt and pepper. Drain the pineapple. Cut the pineapple into pieces and stir into the sweet and sour sauce. Serve the sweet and sour sauce with the rice.

## Nutritional value per person:

Energy:	590 kcal
Protein:	19.7 grams
Carbohydrates:	78.3 grams
- including sugars:	28.1 grams
Fat:	20.4 grams
Fiber:	6.9 grams
Salt:	1.5 grams