

# CHICKEN WITH BELL PEPPER IN SWEET AND SOUR SAUCE

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2 persons / 528 kcal per person

## Ingredients:

- 120 grams basmati rice
- 1 red bell pepper
- ½ yellow bell pepper
- 200 grams of chicken thigh fillet
- 200 grams canned tomato cubes
- 3 tablespoons sweet chili sauce
- 140 grams pineapple slices in juice (drained weight)
- pepper and salt

when available:

- spring onion

## Preparation:

Cook the rice according to the instructions on the package. Drain and let stand until use. Meanwhile, halve the peppers, remove the stem and seeds, and cut the flesh into thin strips. Cut the chicken thigh fillet into strips. Heat a frying pan without oil and fry the chicken with the bell pepper for 5 minutes on medium heat. Add the tomato cubes and sweet chili sauce and let it stew on low heat for about 8 minutes. Season with salt and pepper. Drain the pineapple. Cut the

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pineapple into pieces and stir through the sweet and sour chicken. Serve sweet and sour chicken with the rice with some spring onion.

Nutritional value per person:

Energy:	528 kcal
Protein:	27.7 grams
Carbohydrates:	78.1 grams
- including sugars:	27.8 grams
Fat:	10.2 grams
Fiber:	6.8 grams
Salt:	1.5 grams