

Sweet chilli chicken Fakeaway



Serves	Prep Time	Cooking	Total Time	Calories
2 people				581 kcal

Stuff that's in it:

- 300G Chicken Breast (Cubed)
- 100G Sweet Chilli Sauce (Blue Dragon Lighter)
- 90G Green Pepper (Chopped)
- 3G Fresh Chilli (Finely Chopped (Optional))
- 110G White Onion (Chopped)
 - 1 Tsp Olive Oil
- 15Ml Reduced Salt Soy Sauce
- 1 Medium Egg (Whisked)
- 10G Spring Onion (Whites Chopped And Green Stalk Reserved For Garnish)
- 3G Sesame Seeds ((To Garnish))
 - 30G Cornflour
- 250G Brown Basmati And Wild Rice (Microwave)
 - 100G Sugar Snap Peas
 - 2 Tsp Garlic Powder
 - 1 Lime (Juiced)

What you do:

Start by adding the egg to the chicken and the garlic powder and mix gently. Then gradually add the

cornflour and stir through until thick, add the lime juice and set to one side. Add the oil to a wok or a deep pan and get hot, add the chicken in portions using tongs and gently fry for a few minutes until opaque. Then add the onion, peppers, sugar snap peas and white part of the spring onion and stir fry for a few minutes until softened. Add the soy sauce, stir and then add the sweet chilli sauce, stir fry until the chicken is cooked all the way through!

Add the sesame seeds, and spring onion and chilli if using.

Serve with the heated rice or your choice of rice.

Nutrition

- Carbs: 70g
- Fat: 10g
- Protein: 48g
- Fibre: 7g

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