

SWEET AND SOUR CHICKEN



A versatile, well balanced sauce with all natural sweetness and fresh citrus

PREP
1hr

COOK
45

SERVES
2

INGREDIENTS

- 2 Chicken Breasts
- 200g Pineapple Chunks, drained
- 1 Brown Onion
- ½ Red Pepper
- ½ Green Pepper
- ½ tsp Salt
- ¼ tsp Bicarbonate of Soda
- ½ jar Yau's Sweet and Sour Sauce
- 2 tbsp Vegetable oil

Top Tip

Don't skip preparation, this is what makes the chicken tender

PREPARATION

1. Mix 1 tbsp oil, bicarbonate of soda and salt together to form a paste.
2. Cut chicken into bite-sized cubes.
3. Marinate the chicken in the paste and leave for 30 minutes.
4. Roughly chop peppers and onion into cubes.

COOKING

1. Heat a deep pan or wok on a medium to high heat and add 1 tbsp oil.
2. Brown chicken and cook until firm.
3. Add vegetables and stir-fry for a further 3-4 minutes.
4. Stir in Yau's Sweet and Sour Sauce and bring back up to temperature for 1-2 minutes

Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

