

A top-down view of a black plate containing a meal. On the left side of the plate are several pieces of chicken, each coated in a thick, glossy, orange-brown sauce. The chicken is garnished with finely chopped green onions and thin, curved slices of red chili peppers. To the right of the chicken is a portion of white, fluffy rice. Above the rice and partially overlapping the chicken is a serving of bright green broccoli florets. The plate is set on a green and white woven placemat. In the bottom left corner, a pair of dark wooden chopsticks is visible. A semi-transparent white banner is positioned at the top of the image, containing the title text.

QUICK SWEET & SOUR CHICKEN



LifeShape Clinic

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INGREDIENTS (SERVES 4)

1/3 cup low-sodium soy sauce
2 tbsp honey
2 cloves garlic, minced
1 tsp fresh ginger, grated
1/4 tsp chilli flakes
4 skinless chicken breasts, chopped into 1-inch pieces
1 red capsicum, chopped
1 green capsicum, chopped
1 onion, chopped
1/2 fresh pineapple, chopped
1/4 cup coriander, chopped
1 1/2 cups cooked rice

METHOD

1. In a bowl, place the chicken, soy sauce, honey, garlic, ginger and chilli flakes. Toss well to coat the chicken, cover and refrigerate for 30 minutes.
2. Heat a non-stick frying pan over medium heat. Place chicken in pan along with marinade, and cook for about 5 minutes moving frequently around the pan. Add in onion and capsicums, and cook until tender, around 5 minutes. Toss through the pineapple and cook for further 2 minutes.
3. Serve over rice, and a scattering of coriander.

Nutrition Guide

PER SERVE

| | |
|---------------|--------|
| Energy (cal) | 458cal |
| Protein | 57g |
| Fat | 6.8g |
| Saturated Fat | 2g |
| Carbohydrate | 40.3g |
| Sugar | 17g |
| Sodium | 767mg |
| Fibre | 2.6g |

1200

RECIPE VARIATION

Dinner Requirement: 370 - 400 cal
Meets Requirements: No
Recommendations: Divide into 5 servings
Total Meal Calories: 370 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: Yes
Total meal calories: 458 cal

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