



## Sweet & sour chicken

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 large chicken breast boneless skinless ( 400g 14oz total weight)
- ☐ 1 tbsp soya sauce
- ☐ 2 tsp sesame oil
- ☐ 4 servings unrefined sunflower oil for deep frying for stir-frying
- ☐ 1 small bell pepper red cored deseeded roughly chopped
- ☐ 1 medium carrots sliced
- ☐ 2 garlic clove chopped
- ☐ 2 tsp ginger fresh finely chopped

- ☐ 3 tbsp soya sauce
- ☐ 3 tbsp citrus champagne vinegar
- ☐ 3 tbsp cooking sherry
- ☐ 1 tbsp brown sugar light soft
- ☐ 1 tsp cornstarch
- ☐ 4 servings tempura batter mix (see below)

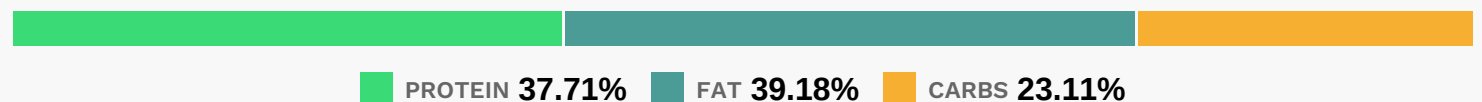
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon
- ☐ tongs

## Directions

- ☐ Cut the chicken into small chunks and mix with the soy sauce and sesame oil. In a jug or bowl, mix together the sauce ingredients with 100ml cold water. Line a large plate with kitchen paper.
- ☐ Heat the groundnut oil in a deep-fat fryer to about 180C. Then dip a few chunks of chicken at a time into the batter, then place in the hot oil using tongs or a slotted spoon, but dont crowd the pan. Fry until crisp and golden about 2 mins. You may need to do this in batches, so reheat the oil each time. As the chunks cook, lift out with tongs/spoon to the paper-lined plate to drain.
- ☐ Heat a wok to hot, add about 3 tbsp oil and stir-fry the vegetables with the garlic and ginger for about 3 mins. Give the sauce a quick final stir and pour into the wok, mixing as it cooks to a light glossy sauce. Bubble for 1 min, then spoon over the chicken and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.21, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:12.443913055503%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 162.27kcal (8.11%), Fat: 6.64g (10.21%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.79g (2.83%), Sugar: 4.86g (5.4%), Cholesterol: 36.16mg (12.05%), Sodium: 1087.51mg (47.28%), Alcohol: 1.16g (100%), Alcohol %: 0.95% (100%), Protein: 14.38g (28.75%), Vitamin A: 3143.99IU (62.88%), Vitamin B3: 6.97mg (34.84%), Vitamin C: 25.83mg (31.31%), Vitamin B6: 0.56mg (28.06%), Selenium: 18.54µg (26.48%), Phosphorus: 157.94mg (15.79%), Vitamin E: 1.69mg (11.24%), Potassium: 361.56mg (10.33%), Vitamin B5: 0.99mg (9.93%), Manganese: 0.19mg (9.43%), Magnesium: 28.6mg (7.15%), Vitamin B2: 0.11mg (6.59%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.71%), Folate: 17.2µg (4.3%), Fiber: 1.02g (4.06%), Zinc: 0.53mg (3.51%), Vitamin K: 3.56µg (3.39%), Copper: 0.06mg (2.98%), Calcium: 19.81mg (1.98%), Vitamin B12: 0.11µg (1.88%)