



PREP TIME : 5 MIN

COOK TIME : 25 MIN

SERVES : 4

Ingredients :

- **1 cup (250 mL) packed fresh cilantro leaves**
- **1/4 cup (60 mL) minced fresh garlic**
- **3 tbsp (45 mL) olive oil**
- **Pinch salt and pepper**
- **3/4 cup (175 mL) VH[®] Sweet & Sour Stir-Fry Sauce**
- **4 boneless skinless chicken breasts, lightly flattened to 1/4-inch (6 mm) thickness**

Directions :

- 1. Preheat oven to 375°F (190°C). Combine cilantro, garlic, olive oil, salt and pepper in bowl of food processor or mini chopper. Blend until well combined and smooth. Stir in VH[®] Sweet & Sour Stir-Fry Sauce.**
- 2. Place chicken breasts in a large resealable bag. Pour VH[®] stir-fry mixture over. Seal bag closed. Massage mixture into chicken breasts.**
- 3. Marinate overnight or for up to 24 hours.**
- 4. Remove chicken from marinade and place on foil-lined rimmed baking sheet, spreading any excess marinade over chicken.**
- 5. Bake in centre of preheated oven for 15 to 20 minutes or until no longer pink inside.**

TIPS:



Sweet & Sour Cilantro Chicken

- *You can use boneless skinless chicken thighs for this recipe.*
- *This recipe works beautifully on the grill – simply follow instructions above and grill, turning once, over medium-high heat, for 15 to 20 minutes.*