

# Sweet and Sour Chicken



**PREP TIME : 10 MIN**

**COOK TIME : 20 MIN**

**SERVES : 2**

## **Ingredients :**

- **1 tbsp (15 mL) vegetable oil**
- **1/2 lb (250 g) boneless, skinless chicken breasts, cubed**
- **1 small white onion, chopped**
- **1/2 cup (125 mL) chopped green pepper**
- **1 pouch (160 mL) VH® Sweet and Sour Stir-Fry Sauce**
- **1 cup (250 mL) steamed white rice**
- **1 tbsp (15 mL) toasted sesame seeds**

## **Directions :**

- 1. Heat oil in a medium wok or skillet set over medium-high heat. Add chicken and cook, turning, for 5 to 7 minutes or until browned all over. Transfer to a plate.**
- 2. Add onion and green pepper; cook, over medium heat, for 5 minutes or until softened. Add VH® Sweet and Sour Stir-Fry Sauce; bring to a boil. Reduce heat to medium-low; return chicken to wok.**
- 3. Simmer for 5 minutes or until chicken is cooked through. Serve over steamed white rice and sprinkle with toasted sesame seeds.**

## **Tip:**

**For spicy version, add chili flakes with the onion and green pepper.**



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*Other Usage:*

*Brush it on grilled eggplant.*

*Toss it with peaches, baby arugula and fresh mint.*

*Brush it on meatballs.*