



SFC's Meal Guide: Microwave Sweet and Sour Chicken

This dish is full of fresh, nourishing ingredients and can be cooked right in a microwave! It's easy to make and great to share. Enjoy!



Ingredients:

9 tbsp ketchup
3 tbsp apple cider vinegar
4 tbsp brown sugar
2 garlic cloves
2-4 skinless and boneless chicken breast
1 small onion
1-2 red bell peppers
227g can pineapple pieces in juice
100g snap peas
Cashews, optional

Items You'll Need:

Knife
Mixing Spoon
Cutting Board
Bowl
Microwaveable Dish
Tablespoon
Microwave
Meat Thermometer
Serving Plate and Fork

Directions:

1. Add your ketchup, apple cider vinegar, and brown sugar into your microwave safe dish. Mix them together to combine. Crush and mince your garlic, roughly chop your onion, de-seed and chop your red bell peppers into bite sized pieces and add them into the mixture. Cut your chicken breasts into even, bite sized pieces and combine them into the mixture.
2. Place your dish in the microwave, uncovered, and cook for 8 minutes. Check at the 8 minute mark and if there are still pieces of chicken that look mostly raw, cook for an additional 2-3 minutes. While your dish is starting to cook, you can wash your mixing spoon, cutting board, and knife with soap and hot water. Then, slice your snap peas into small, bite sized pieces and mince a handful of cashews.
3. After 8-10 minutes of cooking, take your dish out and combine in the snap peas. Drain the juice from your can of pineapple and add it in as well. Put the dish back in the microwave, starting at 3 minutes. Continue to microwave and check your dish every 2-3 minutes until the chicken is cooked through to at least 165 degrees.
4. Once everything is thoroughly cooked, you can serve up your dish and top it with a sprinkle of chopped cashew, if desired. enjoy!