

THAI SWEET CHILLI CHICKEN

A healthy home-made version of this Thai favourite.

Serves 1

Per serving: 408 calories, 0.6% fat

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

100g skinned chicken breast
½ red pepper, finely sliced
2 spring onions, finely chopped
2 plum tomatoes, skinned, deseeded and diced
3 tbsp Thai sweet chilli dipping sauce
2 garlic cloves, crushed
a pinch of ground cumin
a pinch of ground coriander
1 tsp cornflour
75ml pineapple juice
55g (1 blue Portion Pot) dry weight Basmati rice
freshly ground black pepper, to taste
chopped fresh coriander, to garnish

METHOD

1. Preheat the oven to 190°C, 375°F, Gas Mark 5.
2. Season the chicken on both sides with black pepper and place in an ovenproof dish with a lid.
3. Place the red pepper, spring onions and tomatoes in a bowl. Add the dipping sauce, garlic, cumin and coriander and combine well.
4. Dissolve the cornflour in the pineapple juice and pour over the vegetables and spices. Mix well and season with pepper. Pour the vegetables, with the juice, over the chicken and bake in the oven for 20 minutes.
5. While the chicken is in the oven, cook the rice in a pan of boiling water with the vegetable stock cube, then drain.
6. Serve the chicken with the rice and sprinkled with fresh coriander.

