


# DINNERLY



## Sweet and Sour Chicken with Corn Cobettes and Rice

 20-30 minutes  4 Servings

This retro classic is a cinch to whip up at home. While rice cooks, pan-fry veggies and chicken, then toss in the sticky moreish sauce for a quick family fav.

## WHAT WE SEND

- 1 tbs sriracha sauce<sup>17</sup>
- 2 tomatoes
- 2 corn cobs
- 2 large free-range chicken breast fillets
- 300g jasmine rice
- 1 red onion

## WHAT YOU NEED

- garlic clove
- Australian honey
- soy sauce<sup>6</sup>
- tomato sauce
- vegetable oil
- white vinegar

## TOOLS

- sieve
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 665kcal, Fat 13.0g, Carbs 89.2g, Proteins 44.6g



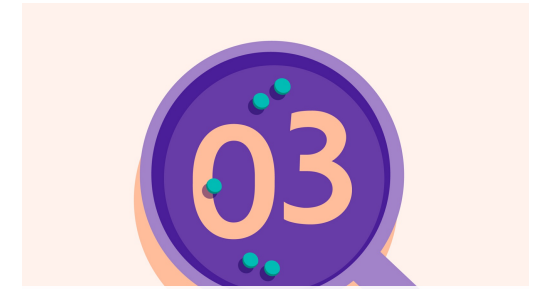
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Prep ingredients

Meanwhile, cut the **onion** into wedges. Discard the husk and silks from the **corn** and cut into 2-3cm cobs (see Kitchen tip). Cut the **tomatoes** into wedges. Crush or finely chop **3 garlic cloves**. Cut the **chicken** into 2-3cm chunks.



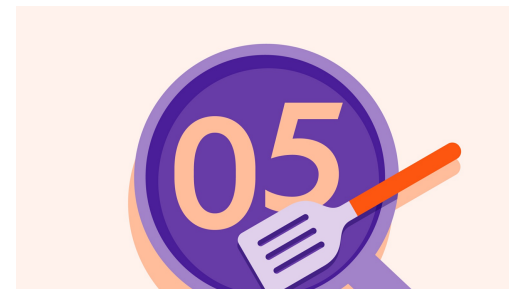
### 3. Make sauce

Put the **garlic**, **sriracha sauce** (see Kitchen tip), **2 tbs honey**, **2 tbs soy sauce**, **2 tbs white vinegar** and **2 tbs tomato sauce** in a bowl. Season with **salt and pepper** and stir to combine.



### 4. Stir-fry chicken

Heat **1½ tbs vegetable oil** in a large deep frypan over high heat. Stir-fry the **chicken** for 2-3 mins until golden. Remove from the pan. Heat **2 tsp vegetable oil** in the pan. Stir-fry the **corn** and **60ml (¼ cup) water** for 3 mins. Add the **tomato** and **onion** and stir-fry for 1-2 mins until starting to soften.



### 5. Serve up

Add the **chicken** and **sauce** to the pan, reduce the heat to medium and stir-fry for 2 mins or until the chicken is cooked through and the sauce is reduced slightly. Divide the **rice** among bowls. Top with the **stir-fry** and enjoy.



### 6. Kitchen tip

If eating with your fingers is too messy, you can just slice the kernels off the cob instead. Sriracha is a spicy chilli sauce so if you like things less hot, you can add this to taste.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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 **Packed in Australia from at least 80% Australian ingredients**