

Sambal Trio Chicken

Cooking time: 10-20 minutes

Yield: 2 servings

Ingredients	Amount
Chicken breast/ fillet (skinless)	250g
Red chilli, big (chopped/ blended)	6 pieces
Red chilli, small (chopped/ blended)	3 pieces
Shallots (chopped)	3 pieces /1 tablespoon
Garlic (chopped)	3 cloves/1 tablespoon
Tomato (chopped/ blended)	1 medium
Onion (sliced)	½ medium
Lime juice	2 tablespoons
Corn starch	½ teaspoon
Light soya sauce (HCS)	1 tablespoon
Sugar	1 tablespoon
Cooking Oil	1 tablespoon

STEPS:

1. Marinate chicken with soya sauce and corn starch for 5 minutes.
2. Heat up 1 tablespoon oil in a wok and pan-fry chicken until semi-cooked. Set aside.
3. Use the remaining oil in wok, stir fry garlic and shallot until fragrant.
4. Add in chili, tomato, onion and lime juice. Mix well.
5. Add in chicken and sugar. Stew over low heat until the chicken is well-cooked.
6. Serve hot with white rice.

Alternative Cooking Method:

- ✓ Pan-fry the chicken until well cooked, then pour the sambal sauce over the pan-fried food.

HEALTHY TIPS!

- ✓ Chicken is good source of protein. Protein rich foods can help to prevent muscle breakdown and maintain immunity. One serving of Sambal Trio Chicken contains 20g protein, which equivalent to 6 egg whites.
- ✓ The condiment or sauce with “Healthier Choice Symbol (HCS)-Lower in Sodium” contain at least 25% less sodium compared to similar products.

Nutrition content per serving: (Energy: 242 kcal)

Carbohydrate: 20g	Protein: 20g	Total fat: 9g
Sodium: 405g	Potassium: 455mg	Phosphate: 80mg

Recipe courtesy of Mdm Widya Tania

叁芭酸辣鸡

烹饪时间：10-20 分钟

份量：2 人份

材料	份量
去皮鸡肉	250 克
红辣椒, 切碎/搅烂	6 支
小辣椒, 切碎/搅烂	3 支
小葱头, 切碎	3 颗或 1 汤匙
蒜头, 切碎	3 瓣或 1 汤匙
番茄, 切碎或搅烂	1 个中等型
大葱, 切片	½ 个
酸柑汁	2 汤匙
玉米粉	½ 茶匙
低盐酱油	1 汤匙
糖	1 汤匙
食油	1 汤匙

烹调步骤:

1. 将酱油及玉米粉加入鸡肉一起拌匀, 腌制 5 分钟。
2. 锅中放入 1 汤匙的食油, 以小火煎至半生熟。搁置备用。
3. 使用余留在锅中的油, 加入蒜头和小葱头炒香。
4. 加入大辣椒、小辣椒、番茄、大葱及酸柑汁。搅拌均匀。
5. 再加入鸡肉和糖拌匀。以慢火焖煮至鸡肉完全熟透即可。
6. 可搭配米饭食用。

烹饪小贴士?

- ✓ 您可以将鸡肉煎至完全熟透, 再淋上酱汁。

健康小贴士!

- ✓ 鸡肉是优质蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。一份叁芭酸辣鸡含有 20 克的蛋白质, 相等于 6 个蛋白。
- ✓ 在调味料或酱料方面, 建议选择带有“较健康标签-较低钠”的产品。因为它的钠含量较其它产品少了至少 25%。

营养含量 (一人份): (热量: 242 卡路里)

碳水化合物: 20克	蛋白质: 20克	脂肪: 9克
钠: 405毫克	钾: 455毫克	磷: 80毫克

感谢 Mdm Widya Tania 提供此食谱