

Nyonya Chicken With Apple

Yield: 4 servings
Protein: 3 portion per serving

Ingredients	Amount
Boneless Chicken Breast / Thigh (Sliced)	300g
Green Apples (Diced and Soaked)	2 mediums
Green Chillies (Sliced)	2 wholes
Red Chillies (Sliced)	2 wholes
Garlic (Minced)	4 cloves
Palm Sugar	6 teaspoons
Soybean Paste	2 tablespoons
Assam Paste	1 tablespoon
Cornstarch	½ teaspoons
Salt	½ teaspoons
Water	3 tablespoons
Canola Oil (Marinade)	1 ½ teaspoons
Canola Oil (Stir fry)	3 teaspoons

STEPS:

1. Marinate chicken slices with canola oil, cornstarch and soybean paste for 10 minutes.
2. Heat wok with canola oil on medium-high heat. Add chillies and minced garlic. Stir fry until fragrant.
3. Add and stir fry marinated chicken until half-cooked.
4. Add assam paste, palm sugar, salt and water. Stir well.
5. Add diced apple and stir well. Let it simmer for 10 minutes.
6. Serve dish warm with your preferred choice of staples and enjoy!

Cooking / Healthy TIPS!

- ✓ Choose skinless chicken thigh / breast to lower fat intake.
- ✓ Including apple (with skin), can help to increase fiber intake.

Nutrition content per serving: (Energy: 228kcal)

Carbohydrate: 21g	Protein: 19g	Total fat: 8g
Sodium: 594mg	Potassium: 416mg	Phosphate: 221mg

娘惹式苹果炒鸡肉

份量: 4 份

蛋白质: 每份含有 3 份蛋白质

材料	份量
无骨的鸡胸或鸡腿肉 (切片)	300 克
青苹果 (切块, 浸在水里)	2 个大小中等
青辣椒 (切段)	2 条
红辣椒 (切段)	2 条
蒜头 (切碎)	4 瓣
椰糖	6 茶匙
豆瓣酱	2 汤匙
亚参 (Assam) 酱	1 汤匙
粟米粉	½ 茶匙
盐	½ 茶匙
水	3 汤匙
芥花籽油 (用来腌制)	1 ½ 茶匙
芥花籽油 (用来翻炒)	3 茶匙

烹调步骤:

1. 鸡肉切片, 加入芥花籽油、粟米粉和豆瓣酱腌制 10 分钟。
2. 起锅热油, 调至中火。爆香辣椒和蒜头。
3. 加入腌制好的鸡肉, 翻炒至半熟。
4. 加入亚参酱, 椰糖, 盐和水, 并翻炒均匀。
5. 放入切块的苹果, 搅拌均匀。用小火焖煮 10 分钟。
6. 您可以搭配喜欢的主食, 趁热享用!

健康小提示!

- ✓ 选择去皮的鸡腿或鸡胸肉可减低脂肪的摄取量。
- ✓ 加入带皮的苹果可增加这道佳肴的纤维含量。

每份的营养成分: (热量在: 228大卡)

碳水化合物: 21克	蛋白质: 19克	脂肪: 8克
钠: 594毫克	钾: 416毫克	磷: 221毫克