



Meal Kit: Sweet 'n sour chicken

Ingredients for 2: (double the ingredients for 4!) 12oz cubed chicken breast OR 1 pkg extra firm tofu, 1 small onion, 2 tbsp canola oil, 1-2 cloves garlic, 1 knob ginger (about 2 tsp grated), 1 tablespoon cornstarch + 1/4 tsp pepper (for chicken), "sauce part 1" (3 tbsp pineapple juice, 2 tbsp soy sauce, 2 tbsp rice vinegar) "sauce part 2" (1 tbsp water, 1/2 tsp sesame oil), "sauce part 3" (2 tbsp brown sugar, 2 tsp cornstarch), 1 red and 1 green bell pepper

What you'll need: cutting board, knife, big skillet, 1 medium bowl, cooking utensil, tongs or thin metal spatula (for chicken), plate (for chicken to rest), foil/plastic wrap or cover (for chicken), grater for ginger (optional)



1 If using tofu– PRESS FIRST! Slice into 2 slabs. Place between paper towels on a cutting board and place heavy pot on top to press out excess water. Press at least 30 min up to an hour, changing out the towels every 15-20 minutes.

Once pressed, slice into small cubes. Set aside.

*if not using tofu– skip to next step

2 Transfer the chicken (or tofu, if using) to a mixing bowl. Dab the chicken with a paper towel to dry off. Preheat your skillet to medium here.

3 Toss the chicken with the cornstarch.

4 Add just **half the oil** to the preheated skillet.

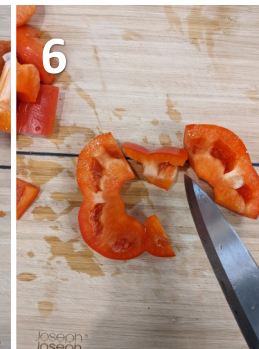
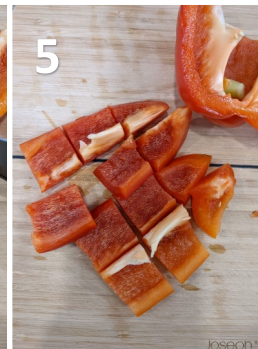
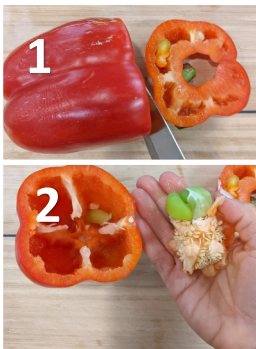
5 using tongs, transfer a few pieces of the chicken/ tofu to the pan to make sure the heat is good– it should sizzle right away, but not spatter.

6 Add the rest of the chicken evenly in the pan. Let cook, without moving for a few minutes until browned on the bottom.

Want to see a video of this recipe?

Scan the QR code with your phones camera to access my YouTube channel with this recipe and lots more!
(or search "cooking with Emily" on YouTube)



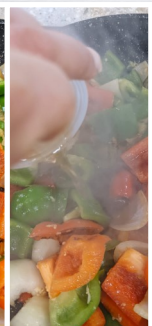


7 While the chicken/tofu cooks, prep the veggies. To prep the bell peppers:
1) slice off the top 2) pull out the seed bundle 3) cut the pepper in half 4) cut each half into 3-4 strips 5) and cut the strips into cubes! Don't forget about the top 6) discard the stem and cut up the top part.

8 Don't forget about the chicken/tofu! Give it a flip to brown on the other side.

9 Cube up all the rest of the peppers and onion.

10 once the chicken/tofu is browned on both sides, transfer the to a plate or bowl and cover tightly. Set aside.



11 add the rest of the oil to the skillet, along with the peppers and onion. Cook on medium heat for 6 minutes or so.

12 While the veggies cook, mince the garlic and grate or mince the ginger.

13 once the veggies have sautéed and are slightly browned, add the garlic and ginger and cook for 30 seconds.

14 now add "sauce part 1"... Then "sauce part 2"and finally "sauce part 3" to the pan, breaking up the brown sugar and stirring everything really really well.

15 add in the pineapple...

16 along with the chicken/tofu (and any accumulated juices)

17 and simmer for 5-10 minutes until the veggies are slightly soft & sauce is thickened. Enjoy!