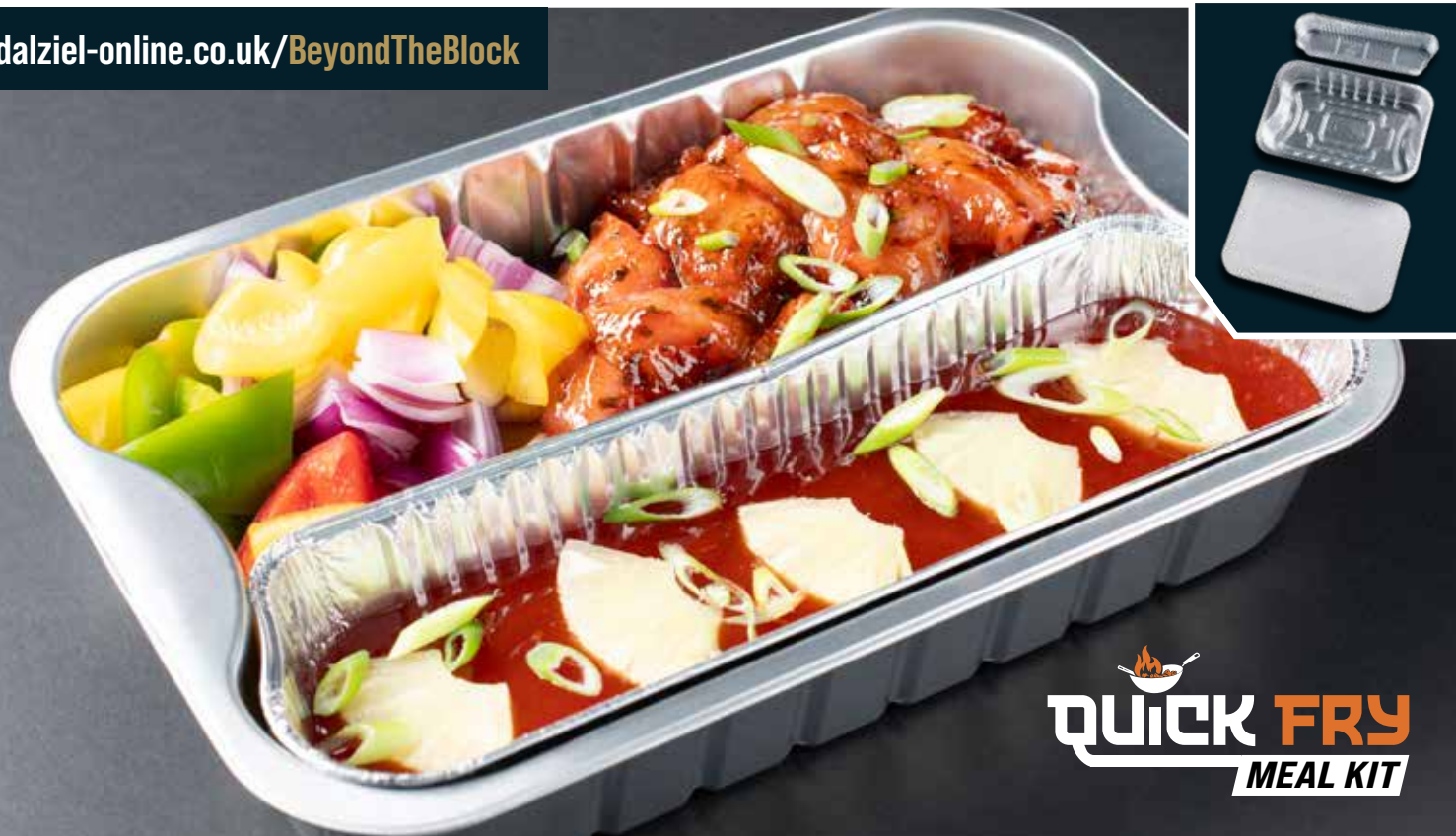




QUICK FRY
MEAL KIT

SWEET & SOUR CHICKEN

MEAL KIT

INGREDIENTS

Chicken *(diced)*

Verstegen Sweet & Sour Sauce

Verstegen Chinatown World Grill

Red Onion *(diced)*

Mixed Peppers *(diced)*

Pineapple Rings *(quartered)*

Spring Onion *(thinly sliced)*

MEAL KIT FOILS USED

- Large Foil,
1 x Large Foil Insert & Lid.

METHOD

- Spoon 300g of Sauce into a large foil insert and place in the tray.
- Coat the chicken with 10% World Grill *(extra usage to coat veg when cooking)*.
- Place 400g of the chicken and 250g of the red onion and peppers into the tray.
- Garnish the Sauce with the pineapple and spring onion.
- Add the lid, label and display.

COOKING GUIDE

- STEP 1 - Sear the meat.
- STEP 2 - Toss in the vegetables.
- STEP 3 - Finish with the sauce & simmer for 3-5mins.

Please note that all recipes and cooking instructions are intended as a guideline only.

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