

Chinese Plum Chicken Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-rice-stir-fry-recipe>

Ingredients:

- 3 tablespoons vegetable oil or rapeseed
- 3 chicken breast fillets chopped into bite-size chunks
- 2 tablespoons cornflour /cornstarch
- 1 medium egg
- 10 tablespoons all purpose flour plain/
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic salt
- 2 teaspoons paprika
- 3 plums sliced
- 1 red bell pepper sliced
- 1 green bell pepper sliced
- 1 yellow bell pepper sliced
- 2 cloves garlic peeled and minced
- 2 tablespoons tomato puree /paste
- 1 tablespoon white wine vinegar Chinese rice vinegar, will work too
- 3 tablespoons light brown sugar
- 2 tablespoons sweet chilli sauce
- 2 tablespoons dark soy sauce
- 1 teaspoon chili flakes
- 3/4 cup pineapple juice
- rice Boiled
- scallions Shredded spring onions
- chilli flakes

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 160 milligrams

4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 3 grams
8. Sodium: 1110 milligrams
9. Sugar: 23 grams

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