

Chicken Sweet & Sour Pineapple Stir-fry



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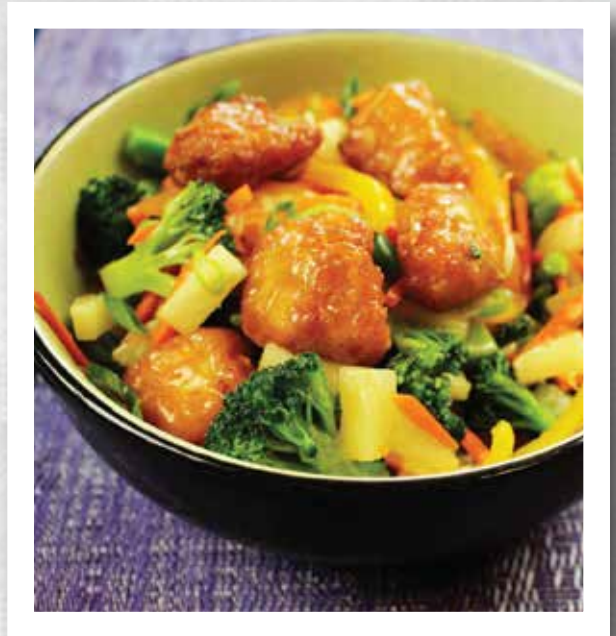
Serves: 50



Prep & Cook Time: 30 minutes

Ingredients

1/2 cup (125 ml) vegetable oil
8 red bell pepper, sliced
8 yellow bell pepper, sliced
8 cups (1400 g) broccoli florets
4 cups (200 g) carrot, julienne/grated
6 cups (1400 g) pineapple tidbits
4 cups (1 L) sweet & sour sauce
200 pieces Reuven Fully Cooked Battered Chicken Breast Chunks
(Product Code 10500)
2 green onions, sliced



Preparation Instructions

Assembly: Prepare Reuven Fully Cooked Chicken Breast Chunks according to package directions and keep warm. In a large skillet, heat the vegetable oil over medium/high heat and add the frozen vegetables; sauté for 2-3 minutes. Add the pineapple tidbits and sweet and sour sauce; toss lightly. Continue to cook for 1-2 minutes until the sauce has thickened. Remove from heat. Add in Reuven Fully Cooked Battered Chicken Breast Chunks and sliced scallions. Serve with rice.

Tip: Replace fresh vegetables with 24 cups (3.6 kg) frozen vegetables.