



Asian Chicken Stir-Fry with Sweet and Spicy Pineapple Sauce

Ingredients (for 3-4 servings):

- 1 thumb-sized piece of ginger
- 3 spring onions
- 1 large clove of fresh garlic
- 3 yellow bell peppers (or 2 large round bell peppers)
- 400g (14 oz) chicken breast
- 200g (7 oz) fresh pineapple (or canned pineapple)
- 200g (7 oz) fresh mung bean sprouts
- 100g (3.5 oz) bamboo shoots (from a glass jar)
- 2 tbsp coconut oil for frying

For the Sauce:

- 200ml (7 oz) pineapple juice (e.g., "Anna" by Klindworth)
- Juice of one lime
- 1 tsp honey or brown sugar
- 1 tbsp soy sauce
- 2 tsp oyster sauce (or fish sauce as an alternative)
- 1 heaping tbsp cornstarch
- ½ - 1 tsp chili flakes

Additional:

- A bunch of fresh cilantro
- Steamed jasmine rice
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Instructions:

1. In a bowl, whisk together all the ingredients for the sauce and set aside.
2. Slice the ginger, spring onions, and garlic into fine strips. Wash the bell peppers, remove the seeds, and cut them into roughly 2x2cm (0.8x0.8 inch) pieces. Cut the pineapple and chicken breast into coarse 2-3cm (0.8-1.2 inch) cubes and set everything aside separately.
3. Heat a large cast-iron skillet or wok over high heat and add one tablespoon of coconut oil. Start by stir-frying the spring onions, ginger, and garlic for 30 seconds until fragrant. Then add the bell peppers and stir-fry briefly.

4. Create a free space in the middle of the pan by pushing the ingredients to the sides, then add the second tablespoon of coconut oil. Add the chicken and sear it on both sides until golden brown and almost cooked through.
5. Add the bamboo shoots, mung bean sprouts, and pineapple to the pan. Pour the previously prepared pineapple sauce over everything. Quickly bring it to a boil, allowing it to thicken slightly. Then, remove it from the heat immediately and sprinkle fresh cilantro on top.
6. Serve the dish with freshly cooked jasmine rice.