

Chef Ashley Keyes

Sweet & Sour Chicken or Salmon

Ingredients:

- 1 lb Boneless & Skinless Chicken Thighs or Salmon Filet
- ½ tsp Salt
- ½ tsp Pepper
- ½ teaspoon Garlic Powder
- 1 tablespoon Sesame Oil
- 2 tablespoons Corn Starch

Sauce:

- 2 tablespoons Honey
- ½ tsp Salt
- ½ tsp Pepper
- ½ teaspoon Garlic Powder
- 1 tablespoon Sesame Oil or Olive Oil
- 3 tablespoons Ketchup
- 3 tablespoons Soy Sauce
- 4 tablespoons Rice Vinegar or Apple Cider Vinegar

- 1 cup Pineapple Chunks or Mandarin Orange Slices, undrained
- ½ cup Pineapple or Orange Juice
- 1 cup Chicken Stock or Bullion Cubes
- 1/4 cup Cornstarch
- 2 Carrots, sliced
- 1 cup handful Fresh Green Beans, trimmed
- 1 Onion
- 1 Red or Orange Bell Pepper
- 1 Broccoli Crown,
- 2 cloves Garlic
- 1 tablespoons Ginger,

