

Chinese Sweet & Sour Chicken

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 100 g chicken
- 1 cup water
- 1/2 lemon with rind
- 1/2 orange with rind
- 3 Tbsp Bragg's Liquid Aminos (or approved soya sauce)
- 1 Tbsp minced onion
- 1 clove garlic crushed or minced
- 1 pinch cayenne
- 1 pinch sea salt
- 1 pinch black pepper

Instructions

- 1 Cut chicken into large cubes and cook
- 2 Bring water to a boil
- 3 Boil both the 1/2 lemon and 1/2 orange with rind until pulp comes out of the center
- 4 If needed, scrape out any remaining pulp and throw away the rind
- 5 Add onion, garlic, Bragg's and spices and continue cooking until liquid has reduced by approximately half.
- 6 Add the cooked chicken to the sauce and saute for an additional 3-5 minutes
- 7 Serve by itself or over Shirataki/Miracle Noodles along with your choice of steamed vegetable and you have one awesome meal!

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