



TOMATO JAM CHICKEN



INGREDIENTS:

3 c fresh broccoli florets
1 red bell pepper, cut into pieces
1 tsp olive oil
Dash of sea salt & ground black pepper
2 c brown rice, cooked
1/3 c almond slivers
1 ½ lb chicken breast, cut into cubes
¼ c scallion slivers, for garnish

Preheat oven to 400 degrees.

BATTER:

¼ c all-purpose flour
¼ c cornstarch
½ tsp baking soda
½ tbsp baking powder
¼ tsp sea salt
1/8 tsp ground white pepper
Ice cold selzer water
Canola or peanut oil, for frying

PREPARATION:

- 1- Place broccoli, peppers, oil, salt, and pepper into a lined baking dish. Roast vegetables in the oven for 15 minutes.
- 2- Mix the batter ingredients together in a bowl. Slowly pour in water, adding 1 tbsp at a time, until the batter is smooth and pasty.
- 3- Coat the chicken cubes in the batter and fry in canola or peanut oil until golden brown. Be sure to drop the chicken in the hot oil individually so they don't stick together. Drain the chicken well.
- 4- Warm the tomato jam in a sauce pan on medium low heat. Add the fried chicken cubes and gently stir to coat well.
- 5- Mix the rice and the almonds together. Spoon onto a plate. Top with roasted veggies and chicken. Garnish with green onions.
- 6- Serve & enjoy!

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