



Sishado Chicken & Veggies

Ingredients:

250 gr Chicken fillet
200 gr Broccoli
250 gr Bell pepper
75 ml Sishado Sweet & Salt Less Sugar
2 tablespoons oil
50 ml water

Preparation:

Cut the Bell pepper in strips and the Broccoli in florets.
Dice the Chicken filet in cubes.
Add 75 ml Sishado Sweet & Salt Less Sugar to the Chicken, mix it and let it marinate for 1 hour.
Bake the marinated Chicken in 2 tablespoons of oil.
Add the Broccoli and Bell pepper.
Add 50 ml water, stir and stew for 15 minutes.

Enjoy!

