

## Mandarin Chicken with Ripe Plantain Slices, White Rice, Steamed Broccoli and Cauliflower, Orange & Apple Slices

(Use of Big Banana® Plantain Slices)



Servings: 4



Total Time: 25 min.



Level: Intermediate

- ❖ 2 boneless skinless chicken breasts
- ❖ 12 each Ripe Plantain Slices
- ❖ White rice, cooked
- ❖ Orange and Apple slices
- ❖ Steamed Broccoli & Cauliflower

### For the Chicken:

- 2 skinless and boneless chicken breasts

- Oil, for pan-frying
- Chopped scallion, for garnishing

#### For the Mandarin Sauce:

- 4 tablespoons soy sauce
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- 3 slices peeled ginger

#### Instructions

1. Heat medium sized skillet or frypan over medium heat. Add oil and pan-fry the chicken on both sides until cooked.
2. Cool off and sliced into pieces, set aside.
3. Mix all the ingredients in a small sauce pan. Heat up on medium heat until the sauce slightly thickens. Discard the ginger slices.
4. Serve immediately with steamed white rice.

#### For the Ripe Plantain Slices

- 27 each Big Banana Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

#### *Procedure*

1. Preheat fryer to 350F
2. Working in batches add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm

#### To Assemble:

1. Place the steamed white rice on the bottom of your dish and top with the sliced chicken breast.
2. Drizzle the Sauce on top of the chicken and garnish with the scallion.
3. Serve three plantain slices per dish, followed with the Steamed Broccoli & Cauliflower as well as Sliced apple and oranges