

FoodWise TLC

Sweet and Sour Chicken

Serves 2

Ingredients

Oil 1 tbspn

Chicken x 150g

Onion x 1

Carrot x 1

Garlic x 1 or 2 cloves

Red pepper x ½

Courgette x 1 small

Pineapple x 1 small tin

Tinned tomato or passata x 1

Chicken stock 250 gms

Cornflour to thicken

Brown sugar x 2 tbspn

Vinegar x 4 tbsps

Frozen or tinned veg (sweetcorn, peas, green beans)



Method

Chop onion and garlic, place in saucepan with oil and cook for 4 – 5 mins.

Chop chicken and add to pan, cook for further 5mins.

Chop vegetables and add to pan, stir ingredients together well and cook for 8 – 10 mins.

Add chopped tomato, pineapple, vinegar and sugar.

Bring to boil and thicken with cornflour – mix 1 heaped dessert spoon of cornflour with cold water, then add to sauce while stirring. Your sauce will thicken quite quickly so be careful to add the cornflour slowly. If your sauce is too thick add a little water. Add frozen veg and cook for a further 5 minutes.

Serve with rice or noodles