



Sweet and Sour Chicken

Serves 2

Ingredients

Oil 1 tbspn
Chicken x 150gms
Onion x 1
Carrot x 1
Garlic x 1 or 2 cloves
Red / yellow pepper x ½
Courgette x 1 small
Pineapple x 1 small
Chopped tomato or passata x 1
Chicken stock 250 gms
Cornflour to thicken
Brown sugar x 2 tbspn
White wine Vinegar x 4 tbsps

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 / passata, 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.