



Recipe

Sweet and Sour Chicken

Ingredients

- 227g pineapple pieces in natural juice
- 1 tbsp. cornflour
- 2 tbsp. tomato puree
- 1 tbsp. reduced salt soy sauce
- 2 tsp. vegetable oil
- 300g skinless chicken cut into chunks
- 1 medium onion thinly sliced
- 1 peppers, any colour cut into chunks
- 3 celery sticks sliced
- 2 tomatoes sliced into wedges
- Pinch of black pepper

Step 1

Drain the juice from the pineapple into a small bowl or jug. Add the cornflour to the juice and stir until smooth, then mix in the tomato puree and soy sauce. Cut the pineapple rings into chunks.

Step 2

Heat the oil in a wok or large frying pan. Add the chicken and stir-fry over a high heat for 3-4 mins. Add the onion, pepper and celery to the wok or frying pan. Stir-fry for another 3-4 minutes Add the tomato wedges and pineapple.

Step 3

Stir the pineapple juice mixture, and then add it to the wok, stirring until hot and thickened. Season with pepper, and then serve with the cooked rice.

Tip: Why not try making with turkey or lean pork instead of chicken? Add extra vegetables to the stir-fry: Try broccoli, red onion, green beans and carrot strips for a change.