

Sweet and Sour Chicken

Serves: 6

Prep time: 15 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

Sauce:

½ cup pineapple juice (reserved from canned pineapple)

1 tablespoon apple cider vinegar

1 tablespoon soy sauce, low sodium

1 tablespoon tomato sauce

2 tablespoons cornflour

2 tablespoons water

1 tablespoon extra-virgin olive oil

1 onion, halved then sliced

1 garlic clove, minced

400g chicken breast, sliced

1 carrot, sliced into rounds

2 teaspoons ginger, grated

½ red capsicum, diced

½ green capsicum, diced

440g tin pineapple pieces, drained

Method

MIX together the sauce ingredients in a small bowl, set aside.

PREPARE a cornflour slurry by mixing the cornflour with water in a small bowl or mug. Set aside.

HEAT oil in a wok or frying pan over high heat. Add the onion and garlic and stir fry for 1-2 minutes.

ADD the chicken and carrot to the wok and cook until chicken is sealed but still pink inside (2-3 minutes). Add the ginger and capsicum and stir fry for a further 2 minutes.

ADD the sauce to the wok and stir until it starts to boil. Simmer for a further 3 minutes until chicken is cooked through and vegetables are tender.

STIR through the cornflour mixture and simmer until sauce thickens. Add pineapple pieces and take off the heat.

SERVE with brown rice.



Everyday Food

Recipe courtesy of the Country Kitchens team