

# Sweet & Sour Chicken

## Ingredients

### SAUCE

- 2.5 cups pineapple juice (from tinned pineapple pieces)
- 150ml apple cider vinegar
- 75ml light soy sauce (salt reduced)
- 150ml salt reduced tomato sauce

### CORNFLOUR SLURRY

- 40g cornflour
- 80ml cold water

### STIR FRY

- 75ml olive / canola oil
- 3 onions finely sliced
- 1 tbsp minced garlic
- 1.5kg chicken breast cut into bite sized pieces
- 2 tbsp minced ginger
- 4 carrots peeled and cut into matchsticks
- 4 capsicum (any colour) deseeded and cut into 2.5cm strips
- 2 cups snow peas or green beans
- 3 x 425g tins of pineapple pieces in natural juice (reserve juice for sauce)
- 1kg rice

## Method

1. Mix sauce ingredients in a bowl.
2. In a separate bowl mix together cornflour and water.
3. Heat oil in a wok or pan over high heat. Add onion and garlic and cook for 1 minute.
4. Add chicken and cook until white.
5. Add ginger, carrots and capsicum and cook a further 4 minutes.
6. Add sauce mixture and stir until sauce starts to boil. Add cornflour slurry and bring to simmer.
7. Allow to simmer approximately 3 minutes or until sauce thickens.
8. Add pineapple and snow peas heat through.
9. Cook rice as per packet instructions Serve.

Serves: 20

Prep Time: 10 mins

Cook Time: 10 mins



### Recipe Notes:

Taste sauce before adding, if too tart add 1 tsp of sugar or honey. But remember that the pineapple pieces will add sweetness.

Food Group	Serves per portion
Vegetables	1.3
Fruit	0.4
Grain foods	1.4
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0