



Sweet and Sour Chicken

Forget takeaways – make your own Chinese meal at home! This quick and easy recipe is sure to become a family favourite. Try serving with the One Pan Spicy Traffic Light Rice which is available on the Club Zone of the Let's Get Cooking website.

Nutritional information per portion (392g):

calories	fat	saturates	sugars	salt
327.2	12.5g 18%	2.4g 12%	20.4g 23%	1.9g 32%

of an adult's guideline daily amount



Soy

Equipment

Chopping boards x 2
Sharp knife x 2
Can opener
Sieve
Measuring jugs x 2
Measuring spoons
Mixing bowls x 2
Wok or large frying pan
Wooden spoon
Plate
Pan stand

Ingredients

Serves 4

1 onion
2 peppers (different colours)
1 x 432g can pineapple chunks in natural juice
1 x 15ml spoon cornflour
2 x 15ml spoons tomato ketchup
2 x 15ml spoons light soy sauce
1 x 15ml spoon balsamic vinegar
150ml water
4 skinless chicken breasts
2 x 15ml spoons vegetable oil
Black pepper (optional)



Top Tip

- If you don't have a wok use a large frying pan, but make sure you have plenty of room to stir the chicken and vegetables.





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Method

1. Peel the onion. Cut in half and slice into thin strips about ½cm wide.
2. Wash the peppers, cut in half and remove the seeds and white pith. Cut each piece in half and slice into strips about ½cm wide.
3. Open the can of pineapple chunks and use a sieve to drain the pineapple juice into a measuring jug.
4. Mix the cornflour with a little pineapple juice to make a paste. Stir in the remaining juice, with the ketchup, soy sauce, balsamic vinegar and water.
5. On a different chopping board, cut the chicken into 1cm strips. Now wash your hands after touching the raw chicken.
6. Heat the oil in a wok over a medium heat. Add the chicken to the wok and cook for 2 minutes until the chicken turns from pink to white.
7. Add the peppers and onions to the pan, stir and cook for a further 3 minutes.
8. Add the sauce and pineapple to the pan then stir, bring to the boil and simmer for 10 minutes.
9. Add black pepper to taste (if using).

Prepare now, eat later

- The chicken and vegetables can be prepared in advance and stored in separate containers in the fridge until they are required.
- Cool as quickly as possible then store, covered, in the fridge, for up to 24 hours. Reheat until piping hot and eat immediately.

Something to try next time

- Try substituting 450g lean pork or 400g tofu for the chicken.
- Add 50g of sliced mangetout, mushrooms or baby sweetcorn at step 9.

