

# SWEET & SOUR CHICKEN

## INGREDIENTS

- 1 large onion – peeled and finely chopped
- 2 garlic cloves – peeled and finely chopped
- 1 pepper – de-seeded and chopped
- 250g chicken or quorn pieces
- 2 teaspoons tomato puree
- 1/2 teaspoon mixed herbs & parsley
- black pepper
- 1 chicken or vegetable **stock cube**
- 500ml water
- 1 small can pineapple chunks in natural juice
- 1 small tin garden peas
- 2 teaspoons low salt **soy sauce**
- 2 teaspoons cornflour

## EQUIPMENT

- sharp knife, chopping board
- large saucepan, wooden spoon
- teaspoon, measuring jug
- can opener, small bowl

**SERVES:** 4

**PREP TIME:** 15 minutes

**COOK TIME:** 20-25 minutes

**ALLERGENS:** Celery, Mustard, Soya,  
Cereals containing gluten

## METHOD

- 1 Prepare the vegetables and chicken and place in the pan.
- 2 Add the tomato puree, herbs and stock cube to the pan and bring to the boil. Then reduce the heat and cook for 20-25 minutes until the vegetables and chicken are soft and cooked.
- 3 Remove the pan from the hob and add the pineapple pieces (including the juice), peas and soy sauce. Then mix the cornflour to a runny paste with cold water and add to the pan (this will help to thicken the sauce). Return the pan to the hob, bring to the boil and then simmer on a low heat for 5 minutes until the sauce is glossy and thickened
- 4 Serve with boiled rice, noodles or cooked vegetables.

## HANDY HINTS!

- \* This recipe can also be made with fresh chicken pieces.
- \* This dish can be frozen – why not make a large batch and freeze some for a later date!



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