

Sweet and Sour Chicken

This got a big thumbs up from the family when I made it. We had it with noodles, rice would also work well. Serves 4

400g boneless chicken breast or thighs, cut into chunks Small tin of pineapple, drained and the pineapple cut into chunks

1 carrot, thinly sliced

1 red pepper, cut into chunks

1 onion, cut into chunks

1 red or green chilli, thinly sliced

2 tbsp oil

A handful of cashew nuts

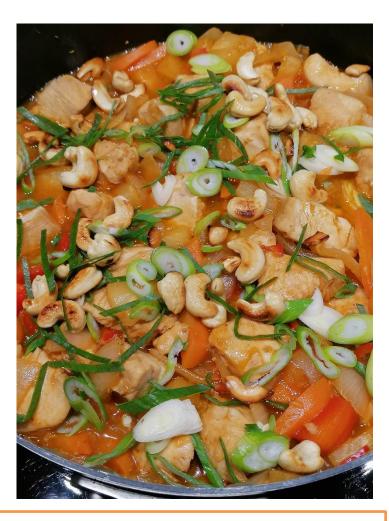
1 spring onion, thinly sliced

Marinade

½ tsp ground coriander
1 tbsp root ginger, finely grated
1 large clove garlic, finely grated
1 tbsp soy sauce
1 tsp sugar

Sauce

3 tbsp tomato ketchup
¹/₄ tsp ground cumin
¹/₄ chicken stock cube
Juice from the pineapple tin
2 tsp sugar
2 tsp soy sauce
Juice of ¹/₂ lemon



Hints, Tips and Adaptations

Gluten free if using gluten free soya sauce, dairy free, freezable, microwavable.

Try using unripe mango chunks & top the sauce up with water instead of pineapple juice. Use peanuts or almonds instead of cashews.

- 1. Mix the marinade ingredients together and stir through the chicken. Cover and set aside.
- 2. Melt the stock cube in a little boiling water, add the remaining sauce ingredients and mix.
- 3. Heat 1 tablespoon of oil in a large shallow pan, add the cashew nuts and fry gently to colour. Remove the nuts from the pan and drain on kitchen paper.
- 4. Heat the other tablespoon of oil in the pan and add the onion, pepper, carrot and chilli. Fry for a few moments until the vegetables start to soften.
- 5. Stir in the chicken and marinade to the pan, cook for a few minutes to brown the chicken a little.
- 6. Add the sauce and pineapple, bring to a simmer and cook without a lid for about 15 minutes to cook the chicken and thicken the sauce.
- 7. Sprinkle over the cashew nuts and spring onion to serve.