

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

¼ 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

¼ tsp ground cumin

¼ chicken stock cube

Juice from the pineapple tin

2 tsp sugar

2 tsp soy sauce

Juice of ½ 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.