

## Sweet and Sour Chicken

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 15 minutes



1 ½ serves per portion

### Ingredients

#### Sauce:

½ cup pineapple juice (reserved from canned pineapple)

1 tablespoon apple cider vinegar

1 tablespoon soy sauce

1 tablespoon tomato sauce

1 tablespoon cornflour

2 tablespoons water

1 tablespoon extra-virgin olive oil

1 onion, sliced into half-moons

1 garlic clove, minced

500g chicken breast, sliced

1 carrot, sliced into rounds

2 teaspoons ginger, grated

1 red capsicum, diced

1 green capsicum, diced

440g tin pineapple pieces, drained



Everyday Food

### Method

MIX together the sauce ingredients in a small bowl, set aside.

PREPARE a cornflour slurry by mixing the cornflour with water in a small bowl or mug. Set aside.

HEAT oil in a wok or frypan over high heat. Add the onion and garlic and stir fry for 1-2 minutes.

ADD the chicken and carrot to the wok and cook until chicken is sealed but still pink inside (2-3 minutes). Add the ginger and capsicum and stir fry for a further 2 minutes.

ADD the sauce to the wok and stir until it starts to boil. Simmer for a further 3 minutes until chicken is cooked through and vegetables are tender.

STIR through the cornflour mixture and simmer until sauce thickens. Add pineapple pieces and take off the heat.

SERVE with brown rice.

*Recipe courtesy of the Country Kitchens team*