

# MEAT

## SWEET AND SOUR CHICKEN

(No Refined Sugars)

*288 calories per serving*



**Prep Time:**  
10 mins

**Cook Time:**  
10 mins

**Total Time:**  
20 mins

**Serves:**  
4 people

### INGREDIENTS:

- 1 tbsp oil
- 1 onion
- 3 garlic cloves - minced
- 2 tsp ginger puree
- 475g (2 Large) chicken breast chopped
- 2 Peppers - deseeded and chopped (any colour)
- 1 carrot—peeled and cut into matchsticks
- 432g (drained 272g) Can of pineapple in natural juice—cut into chunks

### SAUCE:

- 1 tsp cornflour
- 1 ½ tbsp white wine vinegar
- 1 tbsp low sodium soy sauce
- 125ml juice from the can of pineapple
- 1 tbsp tomato puree (paste)

### METHOD:

1. Heat the oil, in a wok or large frying pan. Add the onions and garlic and fry for approx. 2 minutes, until the onions turn translucent.
2. Add the chicken and brown. Add the peppers, ginger and carrots and fry for a further 2 minutes.
3. Meanwhile combine the sauce ingredients.
4. Add the sauce to the pan, bring to the boil and then add the pineapple Delicious served with rice or noodles!

***Delicious with rice or noodles!***