



SWEET & SOUR CHICKEN

INGREDIENTS

- 1 x 425g can pineapple chunks
- 2 tbsp cornflour
- 2 tbsp dark soy sauce
- 2 tbsp white wine vinegar
- 2 tbsp soft light brown sugar
- 2 tbsp tomato ketchup
- 1/2 tsp dried chilli flakes
- 2 boneless, skinless chicken breasts
- 2 tbsp sunflower oil
- 1 medium onion, cut into wedges
- 2 peppers, cut into 3cm chunks
- 1 x 225g can water chestnuts
- 2 garlic cloves, crushed
- 25g piece ginger, finely grated
- Freshly ground black pepper

THIS RECIPE IS A LOW CALORIE VERSION OF A POPULAR DISH, WITH 288 CALORIES PER PORTION (WITHOUT RICE)

DIRECTIONS

- 1. To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice - you should have about 150ml. Put the cornflour in a large bowl and stir in three tablespoons of the pineapple juice to make a smooth paste. Add the remaining juice and 150ml water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside*
- 2. Cut each chicken breast into 8 or 9 even pieces. Heat a tablespoon of the oil in a large non stick frying pan or wok and stir fry the onion and peppers for 2 minutes over a high heat*
- 3. Drain the water chestnuts and cut them in half. Add the remaining oil and the chicken to the pan and stir fry for 2 minutes until coloured on all sides*
- 4. Add the garlic, ginger, pineapple chunks and water chestnuts and stir fry for 30-60 seconds. Give the cornflour mixture a good stir and add it to the pan with the chicken and vegetables. Stir well, season with some ground pepper and bring to a simmer*
- 5. Cook for 4-6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked through, turning the chicken and vegetables a few times.*
- 6. Serve with a small portion of rice*