

Sensational Sweet & Sour Chicken



Serve with
couscous or
basmati rice.



Ingredients

- 2 chicken breasts (400g)
- Spray oil
- 1 carrot
- 1 brown onion
- 2 sticks of celery
- 1 red capsicum
- 440g tin pineapple
- 2 tablespoons salt reduced soy sauce
- 3 tablespoons vinegar
- 1 tablespoon brown sugar
- 1 tablespoon cornflour



Equipment

- Electric frypan
- Knife
- Large spoon
- Cup/small bowl
- Chopping boards
- Tablespoon

How to make it



1. Peel and dice onion. Turn frypan on to medium heat and spray with oil. Add onion to frypan, cook until softened.



2. Dice the chicken and add to frypan. Cook until meat is white all the way through.



3. Chop the carrot, celery and capsicum, add to frypan. Cook for 5 minutes (or until vegetables are slightly soft).



4. Cut the pineapple into pieces (if required) and add to frypan with the juice. Stir in the soy sauce, vinegar & sugar.



5. Mix cornflour and 1 tablespoon water in cup. Add to frypan and stir until sauce thickens.

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