

Sweet and sour chicken stir-fry

Serves 2

Ingredients

- 200 grams canned pineapple pieces in juice, drained with juice reserved
- 1 tablespoon cornflour
- 1 tablespoon soy sauce
- 1 tablespoon tomato sauce
- 1 tablespoon white vinegar
- 2 teaspoons oil
- 1 clove garlic, crushed (optional)
- 1 teaspoon crushed ginger (optional)
- 200 grams chicken breast, skinned and thinly sliced
- 1 carrot, sliced
- ½ broccoli, sliced into bite-sized pieces
- ½ capsicum, deseeded, sliced
- 1 spring onion, sliced

Method

1. For the sauce: whisk pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce and vinegar and stir. Set aside.
2. Heat oil in a large frying pan over medium heat.
3. Add garlic and ginger and stir fry for 1 minute.
4. Add chicken and stir fry for 5 minutes.
5. Add carrot, broccoli and capsicum.
6. Stir through sauce and pineapple pieces. Bring to the boil, then reduce heat and simmer for 10 minutes.
7. Add spring onion and mix through, then remove from heat.
8. Spoon into serving bowls, then serve.

Variation









- Use 2 cups frozen mixed vegetables in place of carrot, broccoli and capsicum.

Serving suggestion

- Serve with ½ cup cooked brown rice.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large frying pan
-  Measuring spoons
-  Serving spoon
-  Small bowl
-  Whisk
-  Wooden spoon

Preparation and cooking skills

Cut, deseed, make sauce, mix, slice, stir fry, whisk.

Nutrition

- Lean chicken contains protein, iron and B-vitamins which help you to grow and build strong muscles and stay healthy.

Tip

- Remember to wash and dry cutting boards after each task and especially after slicing raw chicken.