

Sweet and Sour Chicken (Low salt)

(serves 3-4)

Ingredients

2 chicken breasts (or Quorn pieces for a vegetarian option)
1 onion (peeled and diced)
1 red or yellow pepper (deseeded and diced)
1 can pineapple chunks (keep juice for the sauce)

1 level tbsp cornflour
2 tbsp cooking oil

For the sauce:

2 tbsp vinegar
1 tbsp soy sauce
1 tbsp tomato puree or ketchup
2 level tbsp sugar (preferably brown but white will be ok)

(The four ingredients listed above can brought to school in one container mixed together)

Method

1. Cut the chicken, onion and pepper into bite size chunks.
2. Heat the oil in a large pan. Add onions and fry till soft (5 mins).
3. Add chicken and fry for 5mins stirring occasionally.

While the chicken is frying.....

4. Open the tin of pineapple and drain the juice into measuring jug (**keep the juice for the sauce, do NOT drain down the sink by mistake**).
5. Add pineapple pieces to pan with the chicken.
6. Carefully add water to the pineapple juice in the jug. Make up the liquid mixture to 250mls in total.
7. Add **most** of liquid (save about 50mls) and all other ingredients, **except the cornflour**.
8. Mix well and bring to boil, simmer for 10 - 15mins with lid on.
9. Add cornflour to the small quantity of liquid left in the measuring jug and stir to remove all lumps.
10. When chicken is cooked (cut open to check no pink left inside) remove pan from heat and stir in cornflour paste.
11. Return pan to heat and stir continuously till boiling, when sauce should thicken.

Serving Suggestions (To be done at home)

Serve with green salad and boiled rice (see below) or a jacket potato.

To Serve 3 - 4 people: 250g rice, boiled for 10 -15mins (white) or 25-35mins (brown)

REMEMBER!

Bring a suitable, sealable container to take it home in. E.g. a plastic food storage box with a clip lid.