Sweet and sour chicken stir-fry

Serves 2 Ingredients

200 grams canned pineapple pieces in juice, drained with juice reserved

1 tablespoon cornflour

I tablespoon soy sauce

I tablespoon tomato sauce

I tablespoon white vinegar

2 teaspoons oil

1 clove garlic, crushed (optional)

I 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

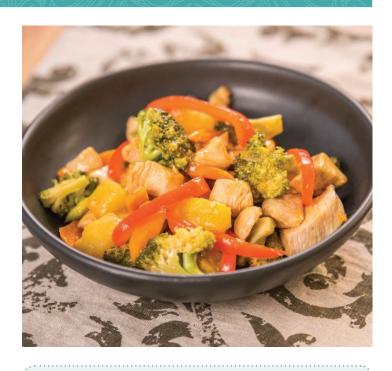
- For the sauce: whisk pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce and vinegar and stir. Set aside.
- 2. Heat oil in a large frying pan over medium heat
- 3. Add garlic and ginger and stir fry for 1 minute.
- 4. Add chicken and stir fry for 5 minutes.
- 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.



