

Recipes and Tips



Quick Sweet and Sour Chicken

Serves 2

- 2 teaspoons oil
- 1 bell pepper cut into strips
- 2 carrots, thinly sliced
- 2 celery stalks
- 1 onion, thinly sliced
- 2 garlic cloves, crushed
- 8 oz cooked chicken
- 4 oz chicken broth
- 3 teaspoons wine vinegar
- 2 teaspoons soy sauce
- 2 teaspoons brown sugar
- 2 teaspoons cornflour
- 6 rings pineapple cut into chunks

Heat oil in a frying pan, add pepper, carrot, celery, onion and garlic and sauté until the vegetables are tender-crisp. Stir in cooked chicken, broth, vinegar, soy sauce and sugar and bring to a boil. Reduce heat and let simmer for 5 minutes. In a small cup. Or bowl combine a small amount of water and the cornflour, stirring to dissolve and add to the pan, along with the pineapple and cook, stirring constantly, until it has thickened and the pineapple is warm.