

Sweet 'n' Sour Chicken

Serves 2

1 tablespoon cooking oil
198g/7oz diced lean chicken
3 spring onions finely chopped
 $\frac{1}{2}$ red pepper cut into bite sized chunks
 $\frac{1}{2}$ yellow pepper cut into bite sized chunks
1 canned pineapple ring roughly chopped
Salt and freshly ground black pepper
Plain boiled rice for serving

Sauce

$\frac{1}{2}$ tablespoon red wine vinegar
1 tablespoon soy sauce
 $\frac{1}{2}$ level tablespoon tomato puree
3 tablespoons fresh orange juice
 $\frac{1}{2}$ level tablespoon soft brown sugar
 $\frac{1}{2}$ level tablespoon cornflour

1. Prepare the sauce by mixing all the ingredients together in a bowl until the cornflour is thoroughly blended, set aside.
2. Heat the oil in a large non-stick frying pan. Add the chicken to the hot pan and stir-fry for 3-4 minutes or until it is just cooked through. Add the spring onions and peppers and stir-fry for a further 3-4 minutes.
3. Add the sauce mixture and pineapple chunks to the pan. Stir and cook for 2-3 minutes until the sauce thickens to coat the chicken and vegetables. Season with salt and pepper to taste. Serve immediately with boiled rice.