



Active Education in Health & Wellbeing

Cantonese Sweet and Sour Chicken and Vegetables with a Pineapple Spiced Rice (serves 4)

4 Small Chicken Breast diced or Quorn if vegetarian
1tbls Light Soy Sauce
2tbls Clear Honey
175ml Malt Vinegar
50g Granulated Sugar
1 Tube Tomato Puree
1 Small Red Onion thinly sliced
4 Spring Onion thinly sliced
50g Sugar Snap Peas chopped in half
1 Whole Carrot peeled and sliced thinly
½ tsp Chinese Five Spice
1 Small Tin Diced Pineapple
1 Small Red Pepper sliced
1 Small Yellow Pepper Sliced
100g Easy Cooked Long Grain Rice
30g Fresh Ginger finely chopped
2 Garlic Cloves Crushed and Peeled
Water for steaming

Method

1. In a pan cook the rice with the Chinese five spice until cooked and keep hot.
2. Place the chicken or Quorn into a clean bowl add the ginger, garlic with the soy sauce and stir, mix and fold together to marinade.
3. With two tablespoons water heat a non-stick frying pan, saucepan or wok (with lid) until steaming.
4. Sear the chicken in the hot pan for two minutes on each side, add the thinly sliced red onion with the sliced carrots and place the lid on the pan and steam for 90 seconds. Remove the lid carefully
5. Add the red peppers, yellow peppers, spring onion and sugar snap peas to the chicken and steam for a further 1 minute with the lid on.
6. In a small saucepan boil the vinegar, sugar and honey, add enough tomato puree to thicken the sauce to lightly coat the back of a spoon.
7. Add the sweet and sour sauce to the chicken and vegetables and stir well
8. Place the hot rice and diced pineapple into a mould and turn out onto a plate.
10. Serve the Sweet and Sour chicken next to the rice
11. Enjoy.