



SWEET & SOUR CHICKEN

You will have tasted it from the takeaway but it's far better at home. This is a real classic to have up your sleeve and whilst it's super easy its impressive enough to share with guests.

Some authors say that the original sweet and sour sauce came from the Chinese province of Hunan, but the sauce in this area is a light vinegar and sugar mixture not resembling what most people, including the Chinese, would call sweet and sour. Many places in China use a sweet and sour sauce as a dipping sauce for fish and meat, rather than in cooking as is commonly found in westernised Chinese cuisine.

INGREDIENTS

5ml Rapeseed oil

100g Cooked brown rice

50g Butternut squash

80g Chicken breast (diced)

100g Peppers

5g Ginger

2 Garlic cloves

40g Water chestnuts

1 Spring onions

60g Pineapple chunks (fresh)

For the sauce

3g Soft light brown sugar

10ml White rice vinegar

10ml Rice wine

10ml Soy sauce

200ml Vegetable stock

5g Tomato purée

4g Cornflour (and water to mix the cornflour)

1g Salt/cracked black pepper

METHOD

1. De-seed and dice the peppers into 2cm pieces
2. Peel and dice the butternut squash, garlic and ginger
3. Drain and slice the water chestnuts
4. Cut the spring onion into 2.5cm pieces
5. Cube the peeled pineapple
6. Heat the oil in a wok or large frying pan. Add the chicken, peppers, ginger and garlic and fry for 2-3 minutes
7. Add the water chestnuts, spring onions, butternut squash and pineapple and fry for about 30 seconds
8. Add all the sauce ingredients and bring to the boil
9. Reduce the heat and simmer for about 6 minutes
10. Check for taste and flavour, if required add salt and pepper to taste
11. Serve with cooked brown rice