Lighter Sweet and Sour Chicken

Serves 2

**Ingredients**
- 2 tsp vegetable oil
- 2 chicken breasts, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 2 spring onions, cut into 3cm pieces
- 1 cup sugar snap peas
- 2 cloves garlic, finely chopped
- Thumb-sized piece ginger, finely chopped
- 6 oz fresh pineapple, diced

**Sweet and Sour Sauce**
- 1 tbsp corn starch
- ½ tbsp soft light brown sugar
- 2 tbsp chicken stock
- 1 tbsp dark soy sauce
- 1½ tbsp rice vinegar
- 1 tbsp tomato ketchup

**Instructions**
1. Heat the vegetable oil in a skillet over a high heat and cook the chicken for 5 minutes until caramelized, then scoop out onto a plate.
2. Stir-fry the peppers, peas, and spring onions for 5 minutes until charred. Add the garlic and ginger and cook for 1 minute.
3. Put the corn starch and sugar into a small bowl, stir in the chicken stock, soy, and vinegar until smooth, then add the ketchup and ½ cup of water.
4. Pour into the pan, add the chicken, and cook for 5-10 minutes or until the sauce has thickened and the chicken is cooked through.
5. Stir through the pineapple chunks for the final 2 minutes of cooking to warm through.

Serve with brown rice (1 cup per serving)