

## 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)

