

Sweet and Sour Chicken with rice or noodles

Total time **65 mins** 20 mins cooking time 30 mins marinating time 15 mins preparation time

Nutritional facts (per portion):
2,788 kJ / 666 kcal

Fat: **10.7 g** Protein: **44.9 g**
Carbohydrates: **103.4 g**

INGREDIENTS

4 portion(s)

2 tbsp	oil
4	skinless chicken breasts, cut into chunks
1	onion, sliced
2	cloves garlic, crushed
1	red pepper, sliced
1	yellow pepper, sliced
100 g	baby sweetcorn, halved
2 tbsp	tomato ketchup
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
2 tbsp	white wine vinegar
2 tbsp	sugar
2 tbsp	cornflour
1	2cm piece fresh ginger, grated
227 g	can pineapple chunks in juice, drained and juice reserved
1 tbsp	tomato puree (optional)
300 g	rice or noodles, cooked according to pack instructions, to serve

PREPARATION

Step 1

Heat the oil in a large frying pan or wok. Add the chicken and cook until browned on both sides.

Step 2

Add the onion, and garlic and fry for a couple of minutes, stirring well.

Step 3

Throw in the peppers, baby sweetcorn and stirfry for 3-4mins until softened.

Step 4

Make the sauce by mixing the ketchup, Kikkoman Soy Sauce, white wine vinegar, sugar and cornflour in a small bowl.

Step 5

Add the ginger and drained pineapple chunks to the pan, then stir in the sweet and sour sauce. Make up the pineapple juice to approx. 300ml with either a little water or stock and add to the pan. Cover and simmer for 10mins, stirring occasionally. If the colour is a little pale, add the tomato puree for a richer sauce.

Step 6

Serve with rice or noodles.