

'Fake away' sweet and sour chicken

Preparation and cooking time: 25 minutes

Ingredients:

6 tbsp low sodium soy sauce (use tamari for gluten free)
2 tbsp maple syrup (add more if needed)
1 tbsp wine vinegar (or use cider vinegar or lime juice)
2 cloves garlic, grated
Small finger-sized piece fresh ginger, grated
¼ tsp chilli flakes (optional)
1 tsp cornflour
2 large or 3 medium chicken breasts, sliced into 2 cm pieces
1 tbsp olive oil
2 onions, halved and sliced
1 red, 1 yellow and 1 green pepper, sliced
220g pack green beans (or use other veg of choice)
½ fresh pineapple, finely chopped (or use tinned pineapple in juice. Add any juice to sauce)
Handful fresh coriander, roughly chopped
+ Wholegrain rice or noodles to serve

Directions:

- Mix together the soy sauce, maple syrup, vinegar, garlic, ginger, chilli, cornflour and any pineapple juice in a bowl to make the marinade
- Place the chicken in a shallow dish and pour over 1/3 of the marinade. If you have time, do this in the morning and leave in the fridge for the day. Otherwise leave to marinate for at least 5 minutes, longer if you can
- Heat a large non-stick wok or frying pan on a medium high heat. When the pan is very hot, add the oil and swirl around the pan. Then add the chicken marinade mixture and cook for 5 minutes, stirring from time to time
- Add the vegetables and cook for a further 5 minutes, adding a little extra water as needed
- Add the pineapple and the remaining 2/3 marinade and cook for a further 2 minutes, until the vegetables are cooked but still have a crunch and the chicken is cooked through
- Sprinkle with coriander and serve with wholegrain rice

Each 100g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
59kcal 249kJ	0.9g	0.1g	5.8g	0.61g
3%	1%	1%	6%	10%

of an adult's reference intake 2000kcal/8400kJ

Each serving contains 295 calories, excluding rice or noodles

This recipe is also great with smoked tofu or prawns. To make it even quicker, use frozen stir fry vegetables.