

**Serves**  
**4**



# Sweet and Sour Chicken

This delicious homemade sauce is also free of the top 14 allergens so suitable for our allergen menu.

## Ingredients list

**5ml Oil**

**300g Chicken – diced (or replace with Quorn pieces to make it meat-free)**

**160g Tinned Chopped Tomatoes**

**200g Pineapple in Juice**

**1x Onion – finely diced**

**20g Tomato Puree**

**20g Granulated Sugar**

**20g Cornflour**

**300ml Water**

**30ml Lemon Juice**

**5ml Oil**

**Pinch Salt and Pepper**



## Method

1. Heat the oil in a saucepan. Add the diced chicken and gently cook the chicken for 2-3 minutes on a moderate heat.
2. To make the sauce, gently cook the onion in oil.
3. Drain the tomatoes and then pineapple, keeping the juice to one side. Chop the pineapple into small chunks.
4. Dissolve the cornflour with a little water in a separate bowl.
5. Add all the sauce ingredients (except the cornflour) to the pan with onions, as well as the reserved pineapple and tomato juice to the pan.
6. Thicken with cornflour mixture, add the cooked diced chicken, return to the boil and simmer for 5 minutes.

We love this served with either egg noodles or steamed rice and mixed vegetables!