

Sweet and Sour Chicken

This is a perfect, healthier alternative to a weekend takeaway. It also makes an ideal post workout meal as it's high in protein and carbs but low in fat.

Ingredients

½ tbsp light olive oil or coconut oil
2 chicken breasts (sliced or cut into chunks)
1 red onion sliced
2-3 peppers sliced e.g. red, green, yellow.
150g fresh pineapple (chunks)
Fresh coriander
Seasoning

For the sauce: 2 garlic cloves, 2 cm piece of fresh ginger) 200 ml passata (about 10 tbsp), 2 tbsp tomato puree, 2 tbsp soy sauce / tamari (gf soy sauce), 2 tbsp honey, 2 tbsp apple cider vinegar.

Method

- *Make the sauce by blitzing the garlic and ginger first in a small blender, then adding the rest of ingredients and blending thoroughly (alternative; y, if you don't have a blender, mince or grate the garlic and ginger then mix thoroughly with other ingredients)
- *Heat the oil in a large frying pan, fry the chicken until it is starting to brown, then add the onion and peppers.
- *After 5 -10 mins of cooking, add the pineapple and the sauce. Stir it through, then pop the lid on for a further few minutes.
- *If the sauce looks to thin, keep the lid off, evaporating some of the liquid away.
- *Once it's ready, add the chopped coriander leaves, any seasoning and serve with basmati rice.

Recipe notes

Any other veggies can be added e.g. courgette, kale, mushrooms, pak choi, chard.
Swap the chicken for turkey or prawns,



Serves : 2
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
Cals: 383
Protein: 31g
Carbs: 41g
Fat: 8g
Fibre : 8g