

Chinese Sweet & Sour Chicken

100g chicken breast, quorn or tofu
1 onion
1 pepper
1 tbsp oil
1 small tin of tomatoes
1 tbsp tomato puree
1 tbsp sugar
1 small tin of pineapple
1 tsp vinegar



Method

1. Wash and slice vegetables into thin strips.
2. Chop the chicken into mouth sized pieces.
3. Add some oil to the pan.
4. Cook the chicken until white the whole way through.
5. Add the vegetables and cook until softened.
6. Add the chopped tomatoes, tomato puree, 1 tbsp sugar, pineapples with juice and 1 tsp vinegar.
7. Let the sauce simmer for 10-20 minutes until reduced.