

Sweet and sour chicken

Serves: 4

Time

Preparation time 10 minutes

Cooking time 20 minutes

Ingredients

- 600g chicken thigh fillets, trimmed of all visible fat
- 3 tablespoons tomato purée
- 3 tablespoons malt vinegar
- 1 tablespoon honey
- 2 garlic cloves, peeled and crushed
- pinch chilli flakes
- 2 tablespoons low-salt soy sauce
- 1 teaspoon sunflower oil
- 1 small red onion, peeled and chopped
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and cut into pieces
- 425g tinned pineapple chunks in fruit juice
- 1 tablespoon cornflour dissolved in 2 tablespoons cold water

To serve

- 4 'nests' medium egg noodles



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Method

1. Cut each trimmed chicken thigh into large pieces and place in a mixing bowl with tomato purée, vinegar, honey, garlic, chilli flakes and soy sauce.
2. Heat the oil in a large heavy based saucepan. Add sliced onions and peppers and fry for 5 minutes until they begin to soften.
3. Add the chicken mixture to the saucepan and stir well (making sure to scrape all the ingredients into the saucepan). Add pineapple chunks (with juice) and dissolved cornflour and stir until the sauce thickens (few minutes).
4. Reduce to a moderate temperature, part cover with a lid and simmer for 10 minutes until the chicken is tender.
5. To cook the noodles, plunge the nests into boiling water and boil for 4–5 minutes until tender, drain well and serve with the sweet and sour chicken.