







***Serves 4 People**

Sweet and Sour Chicken

 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	 <p>5</p>
<p>CHOP</p>		<p>FRY</p>		
<p>Cook rice in boiling water for 25 minutes Drain in sieve</p>	<p>Peel & chop 1 onion Chop 1 pepper Peel & slice 1 carrot thinly</p>	<p>On a separate board Dice 450g chicken Wash hands</p>	<p>Fry chicken in 2 x 5ml spoon of oil (until brown) Set aside in a bowl</p>	<p>Fry onion in 2 x 5ml spoon of oil (until soft)</p>
 <p>6</p>	 <p>7</p>	 <p>8</p>	 <p>9</p>	 <p>10</p>
<p>MEASURE</p>		<p>BOIL</p>		
<p>Add to the frying pan 2 x 15ml spoon white wine vinegar & a pinch of chilli flakes*</p>	<p>Add 1 x 432g tin crushed pineapple with juice & 1 x 15ml spoon tomato puree</p>	<p>Add 1 x 15ml spoon ginger & 1 x 15ml spoon garlic paste to the pan</p>	<p>Add the chicken, carrots & pepper. Boil then simmer for 20 minutes</p>	<p>Serve with drained rice</p>

How we made our sweet and sour chicken healthier

Sweet and Sour chicken can be made healthier by changing some ingredients

FATS		<p>We used vegetable (rapeseed) oil and used chicken breast rather than red meat</p> <ul style="list-style-type: none"> Vegetable oils are high in monounsaturated fats which are better for your heart (by not increasing your cholesterol levels)
SUGAR		<p>We used pineapple and pineapple juice to sweeten our sweet and sour chicken</p> <ul style="list-style-type: none"> This means we have no added sugar Some jars of ready-made sauce can have up to 30g sugar per portion
FIBRE		<p>We used brown rice, onions, carrots & peppers to increase the fibre</p> <ul style="list-style-type: none"> Fibre is good for keeping our hearts healthy by lowering cholesterol and helps to keep our digestive system (bowels) working well
VEGETABLES		<p>Our recipe contains 1 portion of vegetables</p> <ul style="list-style-type: none"> Vegetables contain vitamins and fibre; they are also low in fat and salt Try and aim for 5 portions a day (a portion is 80g)

We first cooked this Sweet and Sour Chicken in our Secondary Cook and Eat session in October 2017

Gluten Free: use gluten free oats

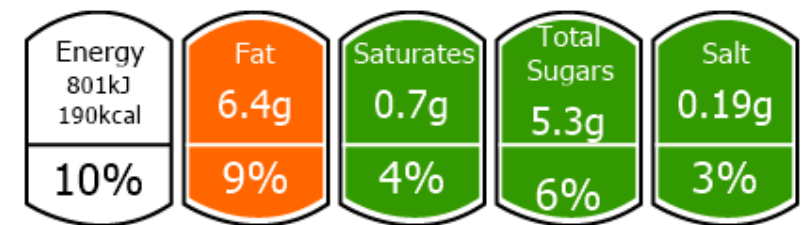
Dairy free: use dairy free spread

Vegetarian/vegan: Replace chicken with Quorn® pieces or tofu

Typical nutrition values per portion

Energy (kcal)	190kcal
Protein	27g
Fat	6.4g
Saturates	0.7g
Carbohydrate	6.0g
Total sugars	5.3g
Fibre	2.5g
Salt	0.19g

Sweet & Sour Chicken (excludes rice)



of an adult's Reference Intake.

Typical values per 100g: Energy 376kJ/89kcal

We use Explore Food <https://explorefood.foodafactoflife.org.uk> to calculate a recipe's nutritional information and create our nutrition information per portion and a traffic light food label.