

Healthy Sweet and Sour Chicken



With no added sugars, this healthy twist on a classic will delight the whole family.

Ingredients

500 g chicken thighs, 2cm diced

1 tbsp low sodium soy sauce

plain flour for dusting

olive oil, for frying

1 tbsp cornstarch

3 tbsp low sodium light soy sauce

2 tbsp tomato paste

1 cup fresh pineapple, pureed/grated

1 tbsp apple cider vinegar

1/4 tsp chinese five spice

1 red capsicum, largely diced

1/2 cup pineapple, chopped

1 tomato, cut into wedges

3 spring onions, cut into 1-2cm batons

Method:

1. Marinate the chicken in soy and garlic for 20-30 minutes. Coat chicken pieces in flour, shake off any excess.
2. In a frying pan over medium heat, add enough olive oil to coat the base of the pan. When oil is hot, fry the chicken pieces in batches until golden brown. Transfer to a paper lined rack to drain.
3. In a bowl, mix the cornstarch with 2 tablespoons of water. Set aside.
4. In a saucepan over medium-high heat, combine the soy sauce, tomato paste, pineapple puree, vinegar and five spice. Bring to a boil and simmer until the sauce thickens slightly. Add cornstarch slurry and simmer for a further 1-2 minutes. Remove from heat.
5. Heat a drizzle of olive oil in a wok over high heat. Stir fry the onions and capsicum for 2-3 minutes, until onions start to turn golden and capsicum are charred on the edges. Add the tomatoes, tossing for another 1-2 minutes before adding the tofu and the sweet and sour sauce. Lastly, add spring onions and toss well until all ingredients are coated with the sauce.
6. Take off heat and serve with brown rice.