



Sweet & Sour Chicken/ Turkey Stir Fry

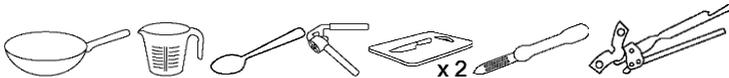
Serves:4 with Chinese noodles or rice

(not suitable for children under 1 year)

Ingredients

- 1-2 tablespoons of vegetable oil
- 2 chicken/turkey breasts cut into bite sized pieces
- 3 tablespoons low salt soy sauce
- 1 tablespoon of corn flour
- Bag of bean sprouts or a bunch of spring onions
- 227g tin of pineapple chunks in juice
- 1 garlic clove, crushed
- 2 tablespoons tomato puree
- Ground black pepper to taste
- 2 carrots
- 1 pepper (red or green)

Equipment



Method

1. Prepare the ingredients
 - Using a separate chopping board cut the chicken/turkey into bite size pieces. Wash your hands, equipment and surfaces well.
 - Using a different chopping board, peel and cut the carrots & pepper into thin strips
 - Trim the spring onions and slice (if using)
 - Open and drain the pineapple (saving the juice in a jug)
2. Heat the oil in a wok or large frying pan. Add the chicken/turkey and garlic. Cook over a medium heat for 5 minutes, stirring regularly.
3. Add the carrots to the pan and cook for 5 minutes. Add the pepper and the pineapple chunks to the pan, stir for 2-3 minutes.
4. Add water to the jug of pineapple juice to make it up to make 200ml liquid. Add the tomato puree, mix well and pour into the pan.
5. Put the corn flour into a cup, add the soy sauce, mix & immediately add to the pan along with the spring onions or bean sprouts. Bring to simmer & cook for 2 minutes stirring. Add Black pepper as needed.

Top Tips

- **Babies 6 months+** - not suitable because of high level of salt in soy sauce OR cook a separate portion without soy sauce.
- **Vegetarians** – replace meat with tofu / Quorn.
- **For speed** – use ready prepared chilled or frozen stir fry vegetables