

One of our lovingly created Kindred Recipes!

Sweet & Sour Chicken/Quorn with Rice Noodles

Ingredients

(Based on Family of 4)

- ✓ 1 Medium pepper
- ✓ 1 Garlic clove
- ✓ 1 Spring onion
- ✓ 1 Onion
- ✓ 65g Baby sweetcorn
- ✓ 190g Rice noodles
- ✓ 1 Tablespoon vegetable oil
- ✓ 200g Chicken breast
- ✓ 230g Tinned pineapple
- ✓ 15g Tomato puree
- ✓ 1 Tablespoon vinegar
- ✓ 1 Teaspoon caster sugar
- ✓ 1 Tablespoon cornflour
- ✓ 10ml Water

Method

- ✓ De-seed the pepper and slice the spring onion, onion and baby sweetcorn.
- ✓ Boil the noodles according to the instructions.
- ✓ Cook the onions and peppers in a pan for 2-3 minutes.
- ✓ Add the pineapple chunks (reserve the juice), baby sweetcorn, spring onion and cook for another 2-3 minutes.
- ✓ Add the tomato puree with half the reserved pineapple juice, vinegar and sugar.
- ✓ Mix the cornflour with cold water and add to the sauce to thicken. Simmer for a few minutes.
- ✓ Serve on a bed of noodles and enjoy!