

Sweet and sour

Ingredients

Serves 4

250g cooked chicken

1 pack baby corn

½ bag sugar snap peas

½ punnet mushrooms

1 bunch spring onions

1 pepper

1 tin pineapple chunks

2 packs microwaveable basmati rice

1 tsp oil * 1 tbsp. soy sauce

For the sauce: 3 parts passata, 1 part vinegar, 1 part sugar

Equipment

Knife

Chopping board

Hot pan

Serving spoon

Jug

Weighing scales

Measuring spoons

Method

1. Prepare all of your vegetables using the bridge and claw knife techniques.
2. Fry the spring onions and peppers in a drizzle of oil for a few minutes.
3. Add the baby corn and sugar snap peas and continue to fry.
4. Add the mushrooms, pineapple and chicken and fry for 2 minutes.
5. Mix together the passata, soy sauce, sugar and vinegar.
6. Add the sauce to the pan with a little of the pineapple juice.
7. Put the lid on and cook for 3 minutes.
8. Mix in the bags of basmati rice so the ingredients are fully combined and serve hot.