


Sweet and Sour Chicken / Pork with Noodles

Serves 10

Ingredients	
350g diced pork or chicken breast	2 (20g) Spring onions, chopped
Sunflower oil	100g bean sprouts
1 large onion, peeled & diced	1 dessert spoon (15ml) rice wine vinegar
2 carrots (200g), peeled & chopped	1 dessert spoon (15g) Demerara sugar
1 red pepper (160g), deseeded & chopped	2 dessert spoons (30g) tomato ketchup
1 tsp (5g) ground ginger	2 dessert spoons (30ml) reduced salt soya sauce
1 (200g) small can pineapple chunks in natural juice	150g sweet corn
1 (6g) clove garlic, peeled & crushed	350g noodles

- METHOD:
 - Pre heat the oven to 180c, 350F, Gas 4.
 - In a large sauce pan, heat the oil and add the diced meat to brown
 - Add the onion, carrot, and red pepper to the pan and soften for 5 minutes. Then add the garlic.
 - In a bowl, mix together the juice from the canned pineapple, ground ginger, rice wine vinegar, Demerara sugar, ketchup and soya sauce.
 - Add the liquid to the meat and vegetables and bring to the boil.
 - Transfer to an oven proof dish with a lid and place in the oven for 45 mins.
 - After 30 minutes add the bean sprouts, spring onions and sweet corn to the sweet and sour dish and return to the oven.
 - Bring a large pan, half filled with water to the boil and cook the noodles according to the pack instructions, (usually for just 4-5 minutes)
 - Serve the sweet and sour on a bed of noodles.
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- ✓ COOK'S TIP- FOR PUREE DIETS, MAKE A CARROT AND POTATO PUREE
 - ✓ FOR VEGETARIAN DIETS, OMIT MEAT AND REPLACE WITH QUORN PIECES
 - ✓ FOR WHEAT FREE AND EGG FREE DIETS, OMIT NOODLES AND SERVE WITH BOILED RICE OR MASHED POTATO

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
251	13	4	43	2.7	0.8	1.5	47