



SWEET & SOUR CHICKEN

Serves 2

Ingredients

- 1 onion
- 2 peppers
- Can of diet orange
- 1 stock cube (vegetable or chicken)
- 3 tablespoons tomato sauce
- 1 teaspoon vinegar
- Cooked chicken (2 thighs or one breast)
- 1 cup long grain rice

Method

1. Heat oil in pan
2. Slice onion and peppers & fry gently until soft
3. Add in diet orange, stock cube, tomato sauce & vinegar and simmer for 20 minutes until sauce begins to thicken
4. Separately boil 2 cups water and add in rice
5. Add in cooked chicken and heat until chicken hot
6. Drain rice and serve with curry

