

# Adios™

A natural aid for slimming



## SWEET'N'SOUR CHICKEN

Serves 4

### Ingredients

- 2 chicken breasts (remove the skin), sliced thinly
- 1 can pineapple chunks, drain and keep the juice
- 2 tbsp each tomato ketchup, (malt) vinegar and cornflour
- 1 tbsp vegetable oil
- 2 carrots, slice lengthways
- 1 medium onion, chopped
- 1 red chilli, sliced (take the seeds out)
- 2 chopped peppers (1 green and 1 red)
- Broccoli florets, sliced off a small head
- 2 tomatoes, quartered



### Method

1. Whisk the pineapple juice, ketchup, vinegar and cornflour together in a bowl.
2. Heat the vegetable oil in a frying pan (or wok) then add the onion, peppers, carrots, chicken and chilli and cook for 4 to 5 minutes.
3. Add the sauce and the broccoli for 2 minutes, then add tomatoes for 2 minutes.
4. Check chicken is cooked, vegetables are tender and serve with rice (or noodles if you prefer).

notes: