



Recipe Card

Sweet & Sour  
Chicken

How  
difficult is it?



liked by 

 AllergyUK

# Ingredients

- 1 tbsp rice vinegar or white wine vinegar
- 1/2 cube chicken stock
- 1 tbsp tomato puree
- 1 tbsp rice wine or sherry
- 6 tbsp apple juice or pineapple juice (reserved from tin if using tinned pineapple)
- 1 tbsp cornflour
- 1 tsp coconut oil or vegetable oil
- 400 g chicken breast
- 1 clove garlic
- 1 tsp fresh ginger grated
- 1 spring onion
- 1 whole green pepper
- 1 whole red pepper
- 1 medium onion
- 150 g pineapple fresh, or 2 rings of tinned pineapple

# Sweet & Sour Chicken

It's one of the UK's most popular takeaway dishes. However, if you suffer from food allergies, Chinese food can be quite a challenge. Soya sauce is used in almost all dishes, and even if you can tolerate soya, unfortunately most soya sauces contain wheat.

## Instructions

1. To make the sauce, in a heat-proof bowl, mix together the 1/2 stock cube with 2 tbsp boiling water, until dissolved. Add the vinegar, tomato puree, rice wine, apple/pineapple juice, and cornflour. Stir well and leave to one side.
2. Chop the peppers and onions and pineapple into chunks about 2 cm, and leave to one side.
3. Chop the chicken breast into the same size cubes as the vegetables and reserve.
4. Finely grate or crush the garlic and ginger, and finely slice the spring onion.
5. Pre-heat a wok or heavy-based pan over a high heat, and add the oil. Add the garlic, ginger and spring onion, quickly followed by the chicken.
6. Stir-fry (cook over a high heat stirring constantly) the chicken for 5-6 minutes until cooked all the way through. Add a tablespoon of water at any point if required.
7. Add in the peppers and onions and stir-fry for a further 2 minutes. Add the pineapple and your sauce, turn the heat down to medium and stir until the sauce has thickened and is bubbling.
8. Serve immediately with rice or your favourite gluten-free noodles.