



Easy sweet and sour chicken

Serves 1
Prep 5 minutes
Cooking 15 minutes

Ingredients

2 tbsp tomato ketchup
1 tbsp malt vinegar
1 tbsp dark sugar
1 clove garlic crushed
1 chicken breast cut into chunks
½ small onion, roughly chopped
½ red pepper, deseeded and cut into chunks
¼ can pineapple pieces in juice
handful sugar snap peas

Method

1. In a large microwavable bowl mix the ketchup, vinegar, sugar, garlic and pineapple juice with the chicken onion and pepper. Microwave uncovered on high for 8-10 minutes.
2. Stir in the pineapple pieces and sugar snap peas and return to the microwave for 3-5 minutes or until the chicken is completely cooked.
3. Leave to stand for a few minutes then enjoy!

