

Super Speedy Sweet & Sour



15
YEARS

VG / GF

Lots of ready made sauces can be high in sugar and salt, this homemade version uses the natural sweetness of the pineapple so less sugar is needed. You can also swap around veggies to suit your tastes and the season.

Makes: 4 meal-sized portions • Preparation time: 15 minutes

Ingredients

- 1 tbsp vegetable oil
- 4 spring onions
- 4 garlic cloves
- 3cm piece of ginger
- 2 tbsp light soy sauce
- 2 tbsp white wine / rice vinegar
- 2 tbsp caster / granulated sugar
- 2 tsp paprika
- 1/2 tsp chilli flakes
- 2 tbsp corn flour
- 2 peppers (any colour!)
- 1 can pineapple in juice
- 150g sugar snap peas / green beans

Equipment

- Microwaveable dish (Approx. 20x20cm)
- Measuring spoons
- Sharp knife
- Grater
- Small bowl
- Measuring jug
- Mixing spoon

Allergy information

Pineapple: Although not a main allergen, maybe using orange juice or grapefruit juice you can still get the right balance of flavours.

Method

1. Finely slice the spring onions, grate the garlic and ginger then mix these in the dish with the oil. Cook in the microwave, uncovered, for 2 minutes.
2. Put the corn flour in a mug / small bowl and stir in 2 tbsp pineapple juice to make a smooth paste. Keep to one side.
3. Put the remaining pineapple juice in a jug and top up with cold water to 300ml.
4. Add the soy sauce, vinegar, sugar, paprika, chilli flakes and the pineapple / water mix and add to the microwavable dish (with the spring onions, garlic and ginger).
5. Chop the peppers into bitesize chunks and cook again, uncovered, on high for 5 mins until the sauce is starting to sizzle and the veg is starting to cook but with a 'bite'.
6. Then, add chopped pineapple and sugar snap peas / beans.
7. Mix the cornflour again and then add to the dish.
8. Return to cook for another 3-5 mins until the peas are cooked and the sauce has thickened/looks glossy.
9. Leave to stand for a few minutes, then serve hot with rice or noodles.

Top tip

- Experiment and mix it up with the veggies you use depending on your taste, what's in the fridge or what's in season! How about sliced mushrooms, broccoli florets or baby sweetcorn?

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