

SWEET AND SOUR CHICKEN WITH BROWN RICE

Ingredients:

2 chicken breasts
1 carrot
½ red pepper
½ yellow pepper
½ green pepper
2 cloves of garlic
1 onion
½ tin of pineapple in own juice
2 heaped tsp cornflour
1 tbsp vinegar
1 tbsp soy sauce
1 tsp brown sugar
1 tsp tomato puree
Salt and pepper
200g wholegrain (brown rice)

Equipment:

2 chopping boards
2 sharp knives
2 saucepan
Wooden spoon
Measuring jug/ bowl
Colander
Pot stand



Method:

1. Boil the kettle for the rice.
2. Using a chopping board and a sharp knife cut the chicken into strips.
3. Wash and dry the vegetables.
4. Peel and dice onion and garlic (for best practice and to avoid cross-contamination, use a separate chopping board than the one the raw chicken was on).
5. Peel and chop the carrot into even strips/ batons (the same length as the chicken strips). NOTE: since you have washed the vegetables there is no need to peel the carrots if you would like to increase the fibre content avoid peeling and continue with the skins left on the carrots.
6. Half and de-seed the peppers. Slice into strips (uniform size).
7. Put the rice in the saucepan, cover with twice the volume of boiling water and bring to the boil (stir occasionally to prevent sticking). When the water has been absorbed – approx. 10mins for white rice, 18/20mins for brown rice, strain with colander.
8. Heat oil in frying pan, saute (fry lightly) onion and garlic.
9. Sear the chicken, until the largest piece of chicken is white the whole way through.
10. Add the vegetables one at a time, starting with the hardest and working up to the softest and saute each for 1-2mins/ until al dente (firm, but with a bite – be careful not to overcook or they will be soft and less appetising).
11. Blend the corn flour with the pineapple juice in a measuring jug/ bowl. Add 200ml water, then transfer to the pot.
12. Add the remaining ingredients soy sauce, tomato puree, brown sugar, vinegar herbs and seasoning for flavour. Allow to simmer. *NOTE: if you prefer a thinner consistency, add more water.
13. Serve the sweet and sour chicken on a bed of rice.

Chicken sweet and sour and brown rice is balanced containing $\frac{3}{4}$ food groups. The brown rice provides carbohydrates for energy in the form of starch. This will give slow release energy. Brown rice is a healthier option than polished white rice as it contains fibre which aids digestion and prevents bowel disorders. Additionally, it gives a feeling of fullness, meaning they are less likely to snack on empty kilocalories and non-nutritious food. The array of vegetables (and fruit) including; carrots, red, green and yellow peppers, onion, pineapple and garlic are a source of Vitamins A and C which are essential for good general health, healthy lining membranes and a strong immune system. The chicken provides HBV (high biological value protein) for growth and repair of cells.

Many of the ingredients used in this recipe are versatile and can be used in a variety of other dishes e.g. stir-fry, ratatouille, chicken curry, etc. Rice is cost effective and can be 'dressed' in different ways e.g. egg-fried rice, burritos or risotto.