

# Sweet and Sour Vegetables with Brown Rice

## Ingredients

- Any vegetables that you wish to have in a stir fry (eg. Eg – Onions, carrots, capsicum, bean shoots, snow peas)
- Tin of pineapple pieces (drained)
- Diced chicken can be added as an alternative
- Brown rice
- Juice from tinned pineapple
- 2 tablespoons of tomato sauce
- 2 teaspoons of soy sauce
- 1 tablespoon Vinegar
- 1 tablespoon corn flour dissolved in half a cup of water



## Method

1. Stir fry chicken until cooked through if included, then remove from pan
2. Stir fry sliced & diced vegetables to desired texture, adding pineapple pieces last
3. Return Chicken to pan with vegetables
4. Combine sauce ingredients together in a jug
5. Add sweet & sour sauce to pan with vegies and chicken and allow to thicken slightly
6. Serve on a bed of steamed brown rice.