

# Sweet & Sour



What you'll need:

Wok, Saucepan, measuring jug, weighing scales, wooden spoon, small bowl

## Ingredients

- 1tbsp olive oil or coconut oil
- 1 small red onion, finely diced
- 2 crushed garlic cloves
- $\frac{1}{2}$  tsp fresh ginger root, peeled and grated
- $\frac{1}{2}$  red chilli, deseeded and finely diced (optional)
- $\frac{1}{4}$  tsp Chinese five spice powder
- 4 tbsp tomato puree
- 200ml vegetable stock
- 2tsp cornflour
- 2tbsp rice vinegar
- 2tbsp stevia
- 2tbsp soy sauce
- 200g fresh pineapple, peeled and cut into chunks or tinned pineapple drained
- Pinch of black pepper
- Pinch of sea salt



\*Ingredients of your choice; we use tofu chunks, sliced red and yellow pepper.  
You can add, green beans, sesame seeds, chickpeas, or anything else you fancy!

## Method

1. Heat the oil in the wok and sauté the onion for a few minutes until softening.  
Add the garlic, ginger and chilli if using and stir.
2. In a small bowl add cornflour and mix well with 3tbsp of vegetable stock to make a smooth paste, then leave to one side.
3. Add the remaining vegetable stock to the wok along with the, rice vinegar, soy sauce, stevia, sea salt black pepper and tomato puree. Bring to the boil then turn to a simmer.
4. Once simmering add the pineapple, cornflour and other chosen ingredients.
5. Allow to simmer for 5 to 10 minutes to thicken.

