

Sweet & Sour Chicken (Low Calorie)

Ingredients

- 150g Skinless chicken breast (chopped into 1cm cubes)
- ½ Red chilli (De seeded and sliced)
- 2 Tomatoes (skinned and chopped)
- 2 teaspoons Light soy sauce
- 2 teaspoons White wine vinegar (or rice vinegar if you have it)
- 1 piece Ginger ((about 2cm) peeled and finely chopped)
- 1 clove Garlic (Peeled and finely chopped)
- 100g Shirataki noodles
- 50g Pak Choi (white part only, chopped)
- 50g Carrot (chopped into 2 cm strips)
- 2 Spring onions (chopped into 2cm strips)
- 30g Red Pepper (sliced into 2 cm strips)
- 1 teaspoon Light low cal soy
- 6 shots 1 cal oil
- 1-2 teaspoon Sweetener of your choice



Method

1. Spray a small pan with oil and gently soften the ginger, garlic and chili for 2-3 minutes, stirring all the time
2. Add in the chopped tomatoes, 2 teaspoons of soy, 2 teaspoons of vinegar
3. Cook for 3-4 minutes till you have a thick sauce.
4. Now taste and add sweetener to your own preference. I found I needed 1 sachet of truvia (about a teaspoon of sugar) but you may find you a little more.
5. Spray a wok with 1cal and brown the chicken on all sides before adding it to the sweet and sour sauce and cooking gently for 8-10 minutes. About 3 minutes before you want to eat stir fry the remaining vegetables, adding soy and water as necessary and then add the pre-rinsed shirataki noodles.
6. Place the vegetable stir-fry on a plate then add the chicken sweet and sour on top.

Notes

Serves 1

Prep time 5 minutes

Cook time 15 minutes

Total time 20 minutes