

# Low Cost Family Meals

## Sweet & Sour Chicken (Serves 4)

### Here's what you'll need:

- 2 chicken breasts or 4 chicken thighs with skin removed
- 12-20 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 2 cloves garlic (or 2 teaspoons of garlic paste)
- 1 thumb size piece ginger (or 1 teaspoon of ginger paste)
- 2 tablespoons of tomato paste
- 1 tablespoon soy sauce
- 1 tablespoon cornflour
- 220g tin of pineapple rings or chunks in juice not syrup
- 1 carrot (chopped)
- 1 onion (sliced)
- 1 red, green or yellow pepper chopped up with the seeds removed
- Pinch of pepper
- Pinch of Chinese Five Spice (optional)



### Here's how to make it:

1. Cut the chicken into bite size pieces and place in a bowl. (Remember to wash your hands thoroughly after handling raw chicken)
2. In a large frying pan, heat the oil on a medium heat until it is hot (allow a full coating of the pan to avoid burning onions, etc)
3. Add the chicken and fry on a medium heat until it is lightly browned all over. Remove the chicken from the pan and put into a bowl
4. In the frying pan, add the onions, carrots and peppers. Fry for about 5 minutes until slightly soft
5. Add the garlic and ginger and stir for about a minute. Add the tomato paste, soy sauce and cornflour and stir for 30 seconds. Open the tin of pineapple and add the chunks and the juice
6. Add the chicken pieces into the pan with the sauce. Stir gently and wait for it to boil. Reduce the heat to low, and simmer for 5-10 minutes until the sauce is thick and the chicken is cooked (to check the chicken is cooked slice a piece in half and it should no longer be pink inside)



### Serving suggestion:

Serve with boiled rice or noodles

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## Cabbage Sauté (Serves 4)

### Here's what you'll need:

- 450g lean minced pork
- 1 medium cabbage (chopped)
- 1 400g tin of chopped tomatoes
- 1 medium onion (chopped)
- 180g sauerkraut
- 60ml white or cider vinegar
- 60g uncooked brown rice
- 4 cloves of garlic – chopped finely or grated (or 4 teaspoons of garlic paste)
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 reduced fat and salt stock cube (follow instructions on packet)
- Salt and pepper to taste



### Here's how to make it:

1. Cook the rice according to the package directions, then set aside
2. Bring a large saucepan of salted water to the boil.
3. Add the cabbage and cook for about 5 minutes or until softened then drain and set aside
4. Heat oil in a large frying pan over a medium to high heat. Add the garlic and onion, and cook until just softened, about 2 minutes.
5. Add the pork and season with salt and pepper. Cook until the meat is browned
6. Stir in chopped tomatoes, sauerkraut, tomato paste, broth, vinegar, thyme and paprika. Lower the heat to medium and simmer for about 10 minutes
7. Add the cabbage and rice, stir until hot

### Serving suggestion:

You could add a portion (2 handfuls) of fresh or frozen vegetables to increase the fibre content

