



## WEANING RECIPE: SWEET & SOUR CHICKEN



**SERVINGS:**  
4 BABY PORTIONS



**TIME:**  
30 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

### Ingredients:

- 50g cooked white rice
- 1 large tomato
- 100g chicken breast
- 1 pineapple ring, tinned in juice
- 1/2 small onion
- 1 small carrot
- 1/2 yellow pepper

### Method:

1. Finely chop the onion
2. Chop the pepper into very small pieces
3. Peel the carrot and grate
4. Chop the tomato into very small pieces
5. Chop the pineapple ring into very small pieces
6. Chop the chicken breast into very small pieces
7. Add 1/2 tsp oil to a frying pan on a medium heat
8. Once the oil is hot, add the onion and cook until soft- around 5 minutes
9. Add the carrot to the pan and cook until soft- around 5 minutes
10. Add the chicken to the pan and cook for around 8-10 minutes
11. Add the chopped tomato to the pan and cook for 2 minutes
12. Add the pineapple to the pan and cook for 2 minutes
13. Serve with white rice, and adapt the texture to suit your baby.