

Home Made Sweet And Sour With Cauliflower Rice

Serves 2

To make the sauce:

- 1 tablespoon of good olive oil (i.e. extra virgin)
- 20 ml of white wine vinegar
- 200 ml of water
- 2 teaspoons of tomato purée
- 2 tablespoons of soy sauce

Main dish:

- 2 chicken fillets cut into strips
- 3 Peppers chopped
- 1 clove of garlic crushed
- 1 large onion chopped
- 1 chilli (if you like a bit of spice!)
- 1 medium head of cauliflower



Method:

1. Mix all the ingredients for the sauce together and leave to the side.
2. Cut the head of cauliflower up into florets and cook in boiling water for approx 5 mins.
3. Grill the chicken strips until cooked through.
4. While the chicken is under the grill, heat a wok or frying pan and add the tablespoon of olive oil. Throw in all the veg and stir fry until the veg has softened slightly (3 - 5mins).
5. Add the grilled chicken strips and pour in the sauce.
6. Simmer for a further 5 mins.
7. While the chicken and veg are simmering, drain your cauliflower and put it into a food processor.
Whizz the cauliflower until it resembles rice. Do not over process as you will end up with a cauliflower paste!
8. Dish out the cauliflower and serve the chicken sweet and sour mix on top
9. Enjoy!