

# SWEET AND SOUR VEGETABLES



Prep: 15 mins



Cooking: 25 mins



Serves: 4

IDDSI LEVEL 5 – MINCED AND MOIST



Vegan

Halal



Small saucepan



Slotted spoon

## INGREDIENTS



1 onion, finely sliced



25g leeks, chopped



1 carrot, peeled and chopped



1 stick celery, chopped



½ green pepper, chopped



1 jar (500g) vegetarian/vegan sweet and sour sauce



½ yellow pepper, chopped



1 small tin of pineapple (optional)



½ packet baby corn



1 courgette, chopped



1 green chilli, finely chopped (optional)



25g white cabbage, chopped

Allergens: celery. Sweet and sour sauce may contain wheat (gluten) and celery.



Parev recipe



Use gluten-free flour

## METHOD



Wash and cut all vegetables (except onions) either into small pieces or into strips.



Cook vegetables until firm by either boiling or steaming, for approximately 15 minutes.



Drain the vegetables well and add back to the saucepan.



Add the sweet and sour sauce as well as optional chilli and pineapple. Cook for approximately 5 minutes.



Take cooked vegetables and pineapple out of the sauce with your slotted spoon and chop to 4mm size. Return to sauce.



Season with salt and black pepper to taste and serve.

### TOP TIP:



Fresh or frozen vegetables work in this dish. You could use: baby corn, white cabbage, peppers, carrots, cauliflower, broccoli, sweet potato, butternut squash or swede.



Freeze in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.