



## Food For Thought Recipe and Allergen Card

### Sweet and Sour Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Pineapples (Juice separated)	D001525	12 x 432g tins
Onion – chunky dice		1k
Garlic		5 cloves
Mixed Peppers – chunky dice		1k
Corn flour	D002188	200g
White vinegar	D001482	50ml
Brown Sugar	D001206	200g
Soy sauce	D001464	1 tbsp
Water		1 litre
Tomato Puree	D001630	200g
Pineapple Juice	D008120	2x 1 ltr

#### RECIPE METHOD – ALLERGENS

1. Drain pineapples and retain the juice
2. Add to a pan with cartons of pineapple juice and heat
3. Add 1 litre to water to the pan
4. Add the vinegar, soy sauce, tomato puree and brown sugar
5. Mix the corn flour with cold water and slowly whisk until you achieve the desired texture
6. In a separate pan heat some olive oil for frying
7. Add the diced peppers, diced onions and garlic and fry for a couple of minutes
8. Add the sauce to the fried vegetables and cook for 10 minutes

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
<b>Soya</b>
Lupin
Sulphites
May contain...