

1. In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the vegetables, onion and peppers.
2. Microwave, uncovered, on High, for 4-6 minutes or until the vegetables are starting to soften.
3. Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 minutes until the vegetables are completely cooked.
4. Leave to stand for a few minutes, then stir in the cashews, if using.
5. Serve with plain rice or noodles

9 tbsp tomato ketchup
3 tbsp malt vinegar
4 tbsp dark muscovado sugar
2 garlic cloves , crushed
200gm vegetables; e.g mushrooms, carrots, sweet corn, cauliflower cut into chunks
1 small onion , roughly chopped
2 red peppers , seeded and cut into chunks
227g (8 oz) can pineapples pieces in juice, drained
100g sugar snap peas, roughly sliced
handful salted, roasted cashew nuts, optional

'What's Cooking!' Recipe Card***mains*****SWEET AND SOUR VEGETABLES**

FOOD FACT:
This homemade sweet and sour sauce is so much better than a takeaway.
Team it up with your favourite veggies for a tasty, quick treat that is good for you!

Preparation time 5 mins

Cooking time 10mins

Great with rice or noodles

Serves 4-6