

Sweet and Sour Sauce

This is a quick and easy to makes sauce, popular with adults and kids (well ours anyway!).

4 Tbs Peanut oil
2in piece Fresh green ginger, peeled and chopped
1 red or green pepper, pith and seeds removed and cut into pieces
1 carrot sliced
2 Tbs sugar
3 Tbs wine vinegar
2 Tbs soy sauce
2 Tbs tomato paste
2 Tbs lemon or orange juice
2 Tbs water
1 Tbs cornflour

To make the sauce, heat the oil in a large frying pan. When it is hot, add the ginger and pepper and stir-fry for 2 minutes. Add the remaining ingredients except the cornflour and stir-fry for 2 minutes. Stir in the cornflour and heat until the sauce has thickened and is translucent. Serve at once

Serves 4