Recipe

sweet & sour veggies

for a family of 4 plus leftovers

Inspired by the familiar flavours of sweet and sour, this colourful dish is made without added ketchup or honey, letting the natural sweetness of the vegetables and juicy pineapple shine through. Packed with peppers, carrots, baby corn, chickpeas and spring onions in a gently sweet and tangy tomato sauce, it's a bright, tasty meal that little ones love. Delicious served with rice or noodles!

Ingredients

a glug of oil

1 large red onion - diced

1 carrot - diced

1 tin of chickpeas - drained

2 big thumbs of ginger - finely chopped

3 cloves of garlic - finely chopped

pinch of chilli flakes

400g of passata

400ml of water

100ml of pineapple juice

100g of fresh, tinned (in juice not syrup!) or frozen pineapple, chopped to a suitable size for your

2 large red/yellow peppers - diced

6 pieces of baby corn, chopped to a suitable size for your child

1 lime - juiced

3 spring onions - chopped

Method

Add cooking oil to a wide based pan on a medium heat.

Add onions and cook until they are golden and caramelised.

Add carrots, chickpeas, garlic, ginger and chilli flakes and stir well to coat everything.

Add passata, water, pineapple juice and pineapple and stir well to incorporate.

Allow to simmer gently for about half an hour.

Add pepper and corn and mix well.

Allow to simmer gently for 10 minutes until the corn and pepper is cooked.

To finish, add your squeeze of lime juice and chopped spring onion.

Serve with rice or noodles and enjoy!

E: hello@nurserykitchen.co.uk
T: 01245 808080
nurserykitchen.co.uk
@nurserykitchen

Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 12/01/2026.
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.