

Sweet and Sour Chicken

Ingredients

250g diced chicken breast
1 can of pineapple chunks
1 onion
Half a green/red pepper
2 tablespoons of oil
1 tablespoons sugar
2 tablespoons vinegar
1 tablespoon soy sauce
1 tablespoons tomato puree or ketchup
1 tablespoons corn flour



Equipment

Chopping board, knife, can opener, saucepan, wooden spoon, tablespoon, measuring jug.

Method

1. Prepare the chicken on a red chopping board into small pieces if not already pre diced.
2. Peel and chop both the onion and the pepper.
3. Add the oil to a pan and sweat the onion and chicken on a medium heat for 5 minutes, stirring continuously until the chicken is cooked (Firm to touch).
4. Drain the juice from the pineapples into a measuring jug and add enough cold water to make it up to 250ml.
5. Quarter the pineapple chunks and add to the chicken in the pan.
6. Add to the measuring jug the sugar, vinegar, soy sauce, tomato puree and cornflour and mix until smooth and all dissolved.
7. Add the liquid from the measuring jug and green peppers to the pan.
8. Bring to the boil, stirring until the sauce has thickened and then turn down to simmer. Remove from the heat when fully cooked.