

Sweet and Sour Chicken

- 1 to 2 chicken breast(s)
- 1 onion
- 1 pepper of any colour
- 1 garlic clove
- 1 tsp grated or finely chopped ginger.
- A small tin of pineapple chunks, reserving 100ml of the juice for the sauce

(All sauce ingredients will be provided by the school)

- 3 tbsp tomato puree
- 2 tbsp vinegar
- 1 tbsp of brown sugar
- 1 tbsp soy sauce
- 1 Teaspoon of corn flour

Method

1. In a small bowl, mix the ingredients for the sauce with the reserved 100ml pineapple juice from the tin until smooth. Set aside.
2. Finely dice your onion, peel, and crush your garlic and chop finely. Peel your ginger and chop finely.
3. Heat a large wok or frying pan over a high heat until very hot. Add 1 tbsp of the oil, swirl around the pan, then add the diced onion, after 2 minutes add the chopped garlic and ginger.
4. After 5 minutes of cooking add the chicken, cook the chicken until it looks golden brown and is cooked through.
5. Add the peppers and cook for 5 mins or until softened. Season with a pinch of salt, pepper and mixed herbs.
6. Add the pineapple chunks to the pan. Pour over the sauce and leave to bubble for a couple of mins, stirring often, until cooked through.
7. Mix the cornflour with 2 tbsp cold water in a small bowl until smooth, then add to the pan. Cook for 30 secs or until the sauce starts to thicken.

8. Pour contents of the pan into a lidded container and wash and tidy up.
9. Mix the cornflour with 2 tbsp cold water in a small bowl until smooth, then add to the pan. Cook for 30 secs or until the sauce starts to thicken.