

Sweet & Sour

Pork or chicken

Method

Before cooking –Prepare all ingredients and make the sauce

- 1 Small Chicken breast – cut chunkily
- 1 Onion roughly chopped
- ½ Small pineapple or pineapple chunks
- 1 Red pepper – cut chunkily

Sauce

- 400ml Pineapple juice
- 2 Cloves garlic – shredded
- 8-15g Ginger – shredded
- 1 tbsp Dark soy sauce
- 2½ tbsp White wine vinegar
- 4/5 tbsp Tomato ketchup
- 2½ tbsp Soft brown sugar
- Large pinch black pepper
- Cornflour to thicken

1. Prepare the thickener

- Mix 3 Tbsp of pineapple juice with 1-2 tbsp of cornflour

2. Make the sauce

- Pour 300ml pineapple juice into a bowl
- Add the ginger, garlic, soy sauce, white wine vinegar, sugar and black pepper and tomato ketchup
- Mix well

3. Prepare the chicken

- Toss the chicken in cornflour

4. Cooking

- Fry off the onion and pepper on high heat – to just colour the onion
- Add the coated chicken and – fry to colour
- Add the pineapple and caramelise
- Pour in the sauce and cook for 4/5 minutes bubbling
- Add the thickener gradually and cook through until the consistency is reached