



Sweet and Sour Chicken

Equipment

- Bowl
- Chopping board
- Sharp Knife
- Tsp
- Tbsp
- Wok / Frying Pan

Ingredients

Meat Option Serves 2

- 227g can Pineapple slices in juice, drained and chopped, juice reserved
- 2 Chicken Breasts, cut into chunks
- 1 tbsp Cornflour
- 1 tbsp Tomato Sauce
- 1 tsp Soy Sauce
- 1 tsp Brown Sugar
- 2 ½ tbsp Rice Wine Vinegar or White Wine Vinegar
- 1 tbsp Sunflower Oil (WCA to supply)
- 1 Red Pepper, cut into chunks
- 3 Spring Onions, quartered and shredded

Vegetarian

- 227g can Pineapple slices in juice, drained and chopped, juice reserved
- 1 tbsp Cornflour
- 1 tbsp Tomato Sauce
- 1 tsp Soy Sauce
- 1 tsp Brown Sugar
- 2 ½ tbsp Rice Wine Vinegar or White Wine Vinegar
- 1 tbsp Sunflower Oil (WCA to supply)
- 1 Red and 1 Green Pepper, cut into chunks
- Mushrooms small hand full
- 3 Spring Onions, quartered and shredded

Method

STEP 1

Mix 4 tbsp of pineapple juice into the cornflour until smooth, then stir in the tomato sauce, soy, sugar and vinegar.

STEP 2

Heat oil until hot in a wok, then add in the chicken chunks, stirring gently until a golden colour, making sure there is no pink left inside. Lift chicken out onto a plate, then set aside.

STEP 3

Add the pepper, stir-fry for 2 mins, then add the pineapple and most of the spring onions for 30 secs. Stir in the sauce for 1 min, adding in a little water as it cooks, then stir the chicken back in for 20-30 secs. Scatter with the remaining spring onions and serve with rice or noodles.