

Recipe – Sweet and Sour Chicken

Equipment

Chopping board, sharp knife, wooden spoon, saucepan, tablespoon & garlic press.

Ingredients

1 onion or bunch of spring
350g – 450 diced chicken or pork
1 clove garlic
1x15ml seasoned flour (salt and pepper)
2 pineapple rings
1 green pepper
Spices
½ x5mls spoon Chinese five spice
½ x5ml spoon chilli powder
½ x5ml spoon ginger
1x15ml spoon tomato puree
1x15ml spoon sugar
1x15ml spoon vinegar
5x15ml spoons soy sauce mixed with 300mls water

Method

1. Dice the chicken or pork into small pieces. Use red board. Wash hands after meat is prepared.
2. Using clean board and knife
3. Peel and slice the onion.
4. Remove the seeds from the pepper and slice.
5. Switch on the hob to 3/4. Add 1 tablespoon oil and fry the onions and pepper for 10 minutes. Sweat the vegetables keep the lid on the saucepan and stir regularly
6. Turn the hob to no 6. Add the meat and brown. No red juices
7. Remove the saucepan from the heat and add all the other spices and ingredients.
8. Return to the heat and bring to the boil.
9. Reduce the heat to no 3/4 and simmer gently for 30 minutes. Taste and adjust seasoning as the dish cooks.

Great served with boiled rice or jacket potatoes.

- You can add, or swap, vegetables, such as mushrooms, dice courgette, sweetcorn, diced swede or parsnip.