

Sweet and Sour Chicken

Ingredients

1 chicken breast/chicken thigh
1 can of pineapple
1 medium onion
1 pepper
1tbsp cornflour
1tbsp sugar
1tbsp vinegar
1tbsp tomato ketchup
¼ tsp chilli flakes
1tbsp oil

Notes

- **Please bring plastic container to take home**
- **Check allergies of consumer before serving.**
- **Ensure food is heated thoroughly before serving.**

Method

- Dice the onion and pepper.
- Drain the pineapple and dice into small chunks. Keep the juice from the pineapple in a measuring jug.
- On a separate chopping board, slice the chicken into small chunks.
- Add the tomato ketchup, sugar, vinegar and cornflour to the pineapple juice in the measuring jug.
- Add 120ml of cold water to the sauce and mix. Set aside until later.
- Add the oil to the pan and stir fry the chicken for 3-5 minutes until the chicken is sealed (goes white).
- Then add the peppers, onion and chilli flakes. Stir fry for a further 4-5 minutes until the vegetables start to soften.
- Add the sauce and pineapple chunks to the pan. Simmer for 4-5 minutes until the sauce thickens.

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