

Ingredients needed for: ____/_____/____ Name:

SWEET AND SOUR CHICKEN/VEGETABLES

Ingredients

2 chicken breasts
1 red pepper
1 green pepper
2 teaspoons cornflour
3 tablespoons red/white wine vinegar, rice vinegar or cider vinegar
3 tablespoons tomato sauce or ketchup
1 small tin pineapple chunks in juice
150ml pineapple juice (from the can of chunks)
1 tablespoon light soy sauce
2 spring onions (optional, for serving)

If you prefer a vegetarian option, leave out the chicken and swap with vegetables such as baby sweetcorn, sugar snap peas or you could use tofu.

Equipment

Knife
Red chopping board and non-slip mat
Wooden spatula
Large frying pan
Can opener
Tablespoon
Teaspoon
Jug



Method

1. Chop the chicken, if using, into 2cm dice and set aside.
2. Dice the red and green peppers, carefully removing any seeds and the stalks.
3. In a large saucepan, heat a little oil and fry the chicken on a medium heat, until golden brown. Turn once so that all sides are browned.
4. Add the peppers and the pineapple chunks and stir fry for a further 5 minutes.
5. Put the cornflour and brown sugar into the frying pan. Stir quickly to coat the chicken and peppers.
6. Stir in the vinegar, ketchup, pineapple juice and soy sauce.
7. Heat gently whilst stirring, until the sauce boils and thickens.
8. Simmer gently for 2-3 minutes.
9. Sprinkle chopped spring onions on top to serve.