

# Sweet & Sour Chicken

## Ingredients:

- 250g chicken
- 1tbsp Oil
- 1 Onion
- 1 pepper
- 2tbsp puree, 2tbsp ketchup, 2tbsp soy sauce, 1tsp corn flour & 1tbsp vinegar in cup
- small can pineapple

## Equipment:

- Chopping Board
- Saucepan
- Wooden Spoon
- Sharp Knife
- Plate
- Teaspoon
- Can opener

## Method:

1. Peel, wash onion, put in saucepan add chicken
2. Dice pepper and leave on chopping board
3. Fry chicken
4. Open can of pineapples, drain juice & add contents of white cup
5. Top up with cold water to make 250ml liquid
6. When chicken is cooked add pineapples & pepper
7. Fry for 3 minutes then add liquid
8. Simmer for 10 minutes
9. Wash up

