

Sweet and Sour Chicken

Ingredients:

227g (Small) Can Pineapple Chunks in Natural Juice
150ml Cold Water
120g Rice
2 Skinless Chicken Breasts
1 Pepper (Any Colour of Your Choice)
1 Small Onion
2 Tablespoons Tomato Ketchup
2 Tablespoons Light Soy Sauce
2 Tablespoons Vegetable Oil
1 Tablespoon Cornflour
1 Tablespoon White Wine Vinegar
Black Pepper



School will provide these for you



Please bring a dish to
take your sweet and sour
chicken home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Peel the onion. Cut in half and slice into thin strips.
3. Wash the peppers, cut in half and remove the seeds and white pith. Cut each piece in half and slice into strips.
4. Open the can of pineapple chunks and use a sieve to drain the pineapple juice into a measuring jug.
5. Half fill a small saucepan with water and place at the back of the hob. Bring to the boil. This will be used to cook the rice.
6. In a small bowl, mix the cornflour with a little pineapple juice to make a paste.
7. Place the remaining pineapple juice in a measuring jug.
8. Transfer into the jug the cornflour mixture.
9. Stir in the ketchup, soy sauce, wine vinegar and water.
10. On a red chopping board using a red handle knife, cut the chicken into 1cm strips. Now wash your hands after touching the raw chicken.
11. Bring the saucepan of boiled water to the front of the hob, add in the rice, return to the heat and simmer for 12 minutes.
12. Put a large saucepan on the front of the hob, **DO NOT** turn on. Add 1 tablespoon of oil.
13. Put the chicken into the saucepan and cook for approximately 4 to 5 minutes, stirring occasionally. The chicken will change colour from pink to white.
14. When the chicken is white add the onion and peppers and cook for 5 minutes.
15. Stir in the pineapple chunks.
16. Add the sauce and stir with a white plastic stirring spoon until the mixture thickens.
17. Simmer for 5 minutes.
18. Using a colander drain the water from the rice. Wash in boiling water to remove any excess starch.
19. Season with black pepper.

