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

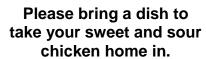
2 Tablespoons Vegetable Oil

1 Tablespoon Cornflour

1 Tablespoon White Wine Vinegar

Black Pepper





School will provide these for you



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.

