

Sweet and Sour Chicken

Hello all, I'm not a Sweet and Sour fan, this one was cooked for my mother but This is so simple it will take hardly any preparation and very little time to cook, I've based it on a couple of recipes I've seen on the net. I've made it several times and it always works out great, although some people have differing opinions on the texture.

Butternut Squash is hardy and can take a lot of spice so don't be afraid to add more than you may think, however, in saying that remember you can always add but you can't take away.



Ingredients

- Olive Oil
- 2 Tsp Lazy Ginger
- 3 Tsp Lazy Garlic
- 1 Onion
- 1 Chicken Breast
- 1 Red Pepper
- 1 Yellow Pepper
- 3 Spring Onions
- 1 Pineapple or 1 Can of Pineapple
- Salt and Pepper

For The Sauce

- ½ Tbs Brown Sugar
- 1 Tbs Rice Vinegar
- 1.5 Tbs Rice Wine
- 1 Tbs Dark Soy Sauce
- 200ml Water
- 1 Chicken Stock Cube
- 1 Tbs Tomato Purée
- 1 Tbs Cornflower mixed with 1 Tbs Water
- Salt and Pepper

Also Needed

- Wok/Frying Pan
- Sauce Pan
- Knife
- Chopping Board
- Measuring Spoons
- Knife





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Method:

1	Chop the Chicken and set to one side, remember to wash your hands, board and knife thoroughly.	
2	Chop the peppers, spring onions and onion and set aside for later.	
3	Heat the wok on a medium to high heat then the chicken, peppers, onions, garlic and ginger.	
4	In a saucepan add the sauce ingredients: Brown Sugar, Rice Vinegar, Rice Wine, Dark Soy Sauce, Water, Tomato Purée and crumble in the Chicken Stock Cube and cook for a couple of minutes	

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5	Stir-Fry the chicken peppers and onions for 2 – 3 Minutes then add the pineapple and spring onion and cook for a further minute.	
6	Add the Cornflower to the water and mix, then pour it into the saucepan with the sauce. Mix thoroughly and allow to thicken. After a minute or so pour the sauce into the wok.	
7	Bring to the boil, reduce the heat and simmer for 6 minutes or until the chicken is cooked through and all the flavours have combined.	
8	Serve with boiled rice or mashed potatoes.	

