

Sweet and sour

Ingredients

1 chicken breast
1 can of pineapple
1 medium onion
1 pepper
1tbsp cornflour
1tbsp sugar
1tbsp vinegar
1tbsp tomato ketchup
¼ tsp chilli flakes



1. On a **white** chopping board, dice the onion and slice the pepper into square chunks.



2. Drain the pineapple over a small bowl (catch the juice). Dice the pineapple into small chunks.



3. On a **red** chopping board, slice the chicken into small chunks.



4. Make sauce by mixing the pineapple juice, tomato ketchup, sugar, vinegar & cornflour in the small bowl.



5. Add 8 tbsp. of water from the tap to the sauce. Mix and set aside.



6. Add 1tsp of oil to your pan. Set the hob to **heat 5**.



7. Stir-fry the meat for 3-5 minutes until the chicken is sealed (it goes white).



8. Then add the onion, peppers and chilli flakes. Stir fry for 4-5 minutes.



9. Add the sauce and pineapple chunks to the pan. Bubble for 4-5 minutes until the sauce thickens and is glossy.