

Sweet and Sour Pork or Chicken

250g raw pork or chicken – cut ready into bite-sized cubes

1 small tin of pineapple chunks in natural juice, save the juice by pouring into a jug (250ml)

1 red, or white or 6 spring onions – chopped into bite-sized chunks

1 green pepper – chopped into bite-sized chunks

1 carrot cut into strips

1 garlic clove –peeled and crushed

1 tablespoons oil

2 tablespoons of sugar white or brown

2 tablespoons white wine vinegar

2 tablespoons ketchup or tomato puree

2 teaspoons cornflour

1. Place the oil into a pan and heat for a minute, add the meat and cook until it is cooked throughout make sure it is all white. You can check this by cutting it in half with your spoon. PINK MEANS RAW!
2. Add the garlic for a minute, then add pepper, onion, carrot and pineapple chunks (save the juice though) for a further two minutes. Combine well.
3. Mix the cornflour with a little juice in a jug, then add the rest of the juice, mix in the sugar, vinegar, and ketchup. Add to the pan and cook for one minute stirring all of the time. The sauce should go thick but if it's too thick add a splash of water.
4. Place carefully into your container to take home.

